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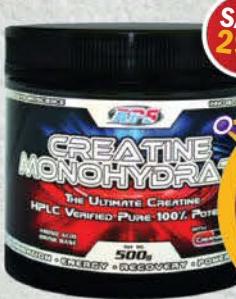
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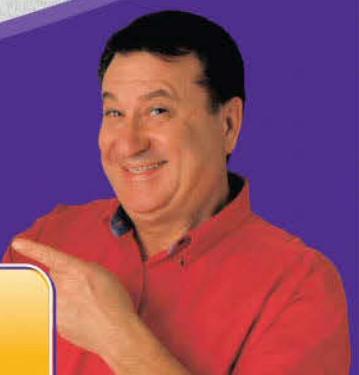
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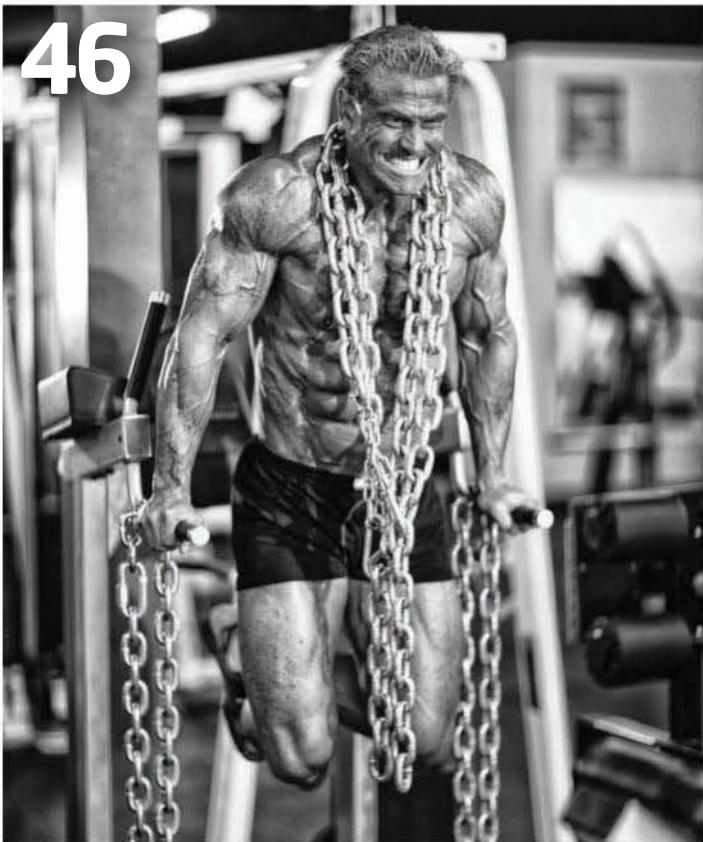
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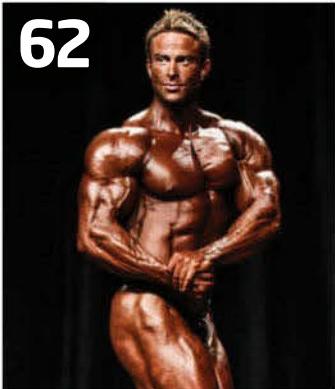
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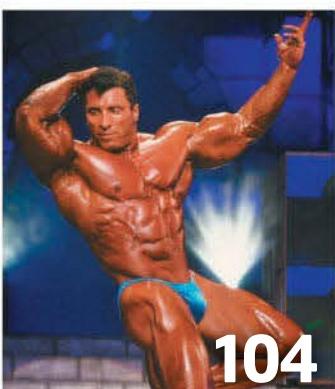
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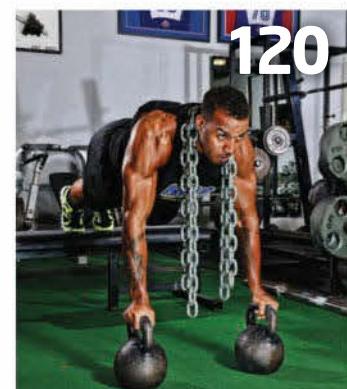
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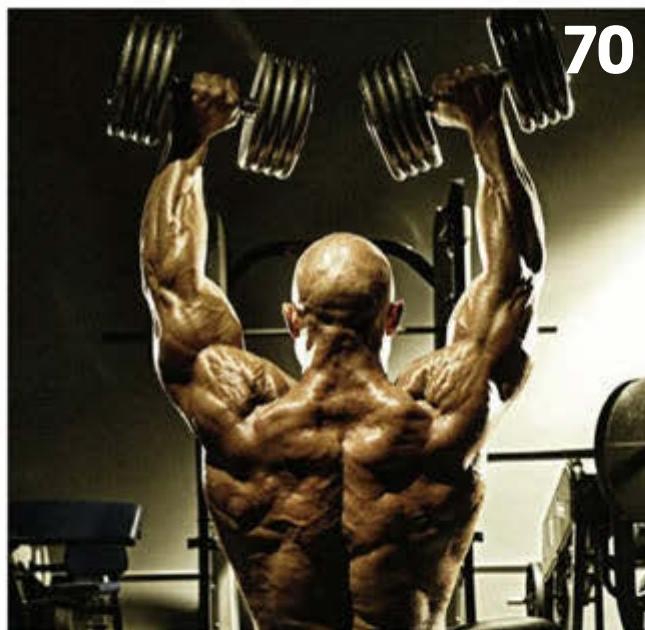
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BODYBUILDING & FITNESS MAGAZINE

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PRINTING

GRAPHIC IMPRESSIONS AUSTRALIA PTY. LTD.

Ph: (03) 9574 9211

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IRON MAN

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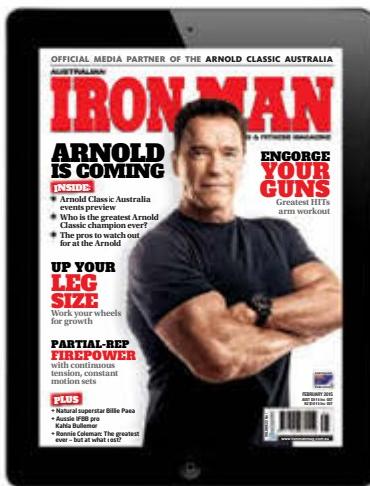


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PUBLISHER'S LETTER



BY SILVIO MORELLI

Striving for change

They say that the average person will change careers five to seven times in their lifetime. In this day and age, it's easy to look at that little fact and conclude that people just don't stick with things, that they don't commit. However, this is a misguided approach. When someone changes careers, it doesn't mean that he or she has no focus, but rather that they strive for more. They push themselves forward and make more room for their own life and further accomplishments.

I know that I myself have worn many hats since my working life began. And each time I changed, I learnt more about myself – and about the world. It can take a while to find your 'true calling' or the thing that you excel in above all others.

You can see how this idea of striving for change and growth applies to your training and fitness life. There's a lot to be said for being consistent, but be too consistent and your gains stagnate – you hit a plateau. You need to be constantly pushing forward and striving for more: more weight, more reps, different movements and exercises; a new routine. You might – and should – return to the basics, but that drive to be always moving forward is paramount.

Once you've made the connection in your mind that you need to change in order to succeed, it's no longer intimidating; rather, it's exciting. It's about reinvention.

Case in point: we're only a few short weeks away from the very first Arnold Classic Australia, named for a man who practically invented the idea of reinvention. Arnold Schwarzenegger is not a man who could be told to sit still. When he wanted something, he went for it – and has ended up as successful as you can be in not one but three separate careers: bodybuilding, acting and politics. So don't be afraid of the change, whether in your life or in your routine: embrace it.

On a personal note, we found out in January that our long-time partner, *US Iron Man* publisher John Balik, had sold the magazine after almost three decades at the helm. It has been a pleasure working with John over the years and his are definitely big shoes to fill. We also welcome the new owners, Binais Begovic and his wife Dr. Catherine Begovic, who have been in charge of the Swedish edition of *Iron Man*, and look forward to a fresh, rewarding relationship with them.

That's enough from me. Train hard and don't be afraid to try new things – in or out of the gym.

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Fail to gain

A study published in the *Journal of Sports Medicine in Physical Fitness* has found that training to failure produces the greatest improvements in strength and body composition.

The 2014 study, from research teams in Germany, Switzerland and the UK, examined low-volume resistance training in 'trained participants'; that is, people familiar with the gym with a training background of three-to-four years.

The participants were divided into groups performing single-set resistance training: a self-determined rep maxes group, a self-determined rep maxes group using a rest/pause method or a group using reps to momentary muscular failure. Their progress in strength was measured and body composition was determined using bioelectrical impedance analysis, a device that sends an electrical signal through tissue to measure the level of fat.

The researchers found that the self-determined rep max group did not significantly improve in strength or body composition. The muscular failure group and the rest/pause group, however, significantly increased their strength. The momentary muscular failure group also had the most success in body composition, with improvements in muscle and fat mass percentages for their whole body, while the rest/pause had some strength gains and upper limb body comp improvements.

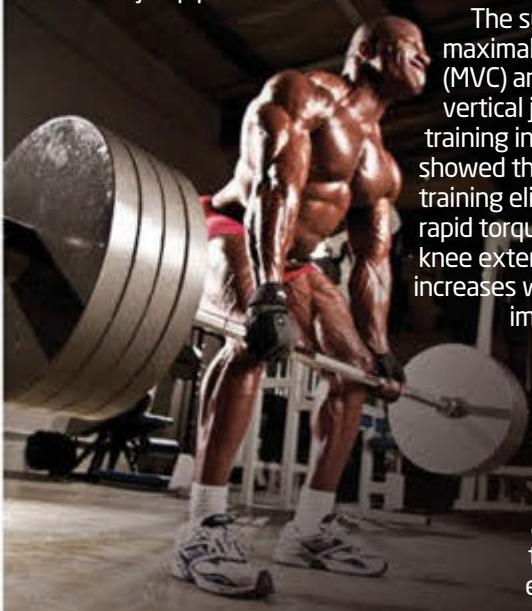


Nevoux

Deadlifts rule

As if we needed more proof that deadlifts are the king of exercises, a new study has found that deadlift training can improve explosive strength.

The study, published in the *Journal of Strength and Conditioning Research*, took previously untrained participants, both men and women, and put them on a 10-week barbell deadlifting training regime, deadlifting twice a week in 5x5 style. The researchers were testing the idea that deadlifting training would help increase 'rapid torque capacities for both the knee extensors and flexors', which would lead to improvements in vertical jump performance.



The subjects performed isometric maximal voluntary contractions (MVC) and countermovement vertical jumps before and after the training intervention. The results showed that "10 weeks of deadlift training elicited improvements in the rapid torque characteristics of both the knee extensors and flexors, and these increases were related to vertical jump improvements".

The authors concluded that their finding highlight the effectiveness of deadlifting and that, even without any other exercises, deadlifts are a "time efficient method to simultaneously improve explosive strength".

Diss the list

The website Greatist.com named their '100 Most Influential People in Health and Fitness' in January. There were some prestigious names on the list, including researchers Alan Aragon (at 41), Brad Schoenfeld (55) and Bret Contreras (64). However, the list also contained some spurious individuals who seem only to have a tangential connection to the fitness industry.

Dr. Oz, Deepak Chopra and, at number one, First Lady Michelle Obama all placed high on the website's list, prompting some to voice their concerns via social media.

This feeling can best be summed up by Layne Norton (60), who took to Facebook to say, "Honestly a bit ashamed to be on this list. They are only measuring influence, but what does it say about our industry when virtually all of the top 20 are charlatans?"



Vance Arg

RETURN TO THE STAGE

Iron Man's own Ingrid Barclay is planning on making a return to the bodybuilding stage. After 15 years away from competition, and now a successful comp prep coach, bodybuilding judge and promoter (NABBA's Conquest Classic), Ingrid has decided to prep for the NABBA Masters Figure division at the Victorian Championships and Southern Hemispheres in May.

Not only that, in January, Ingrid competed in her first powerlifting meet, winning her Novice weight class with a 185 kg deadlift, 85 kg bench and 155 kg squat. Well done Ingrid, and good luck with your prep!



Ingrid Barclay.

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BODYBUILDING STUDY WANTS YOU

Would you like to contribute to a massive study of bodybuilder psychology? Loretta Watson of consulting company Psychology for Bodybuilders is currently looking for participants to take part in the first survey of bodybuilders that will be conducted from within the industry.

"There is a plethora of psychological research into many other sports such as tennis, golf, basketball, swimming, and cycling, yet there is a gaping hole in the literature for bodybuilders and weight-trainers," Watson said. "Ironic, since the mind is the backbone of this sport. It's time to address this unsatisfactory and frustrating shortage of formal and structured research into bodybuilding psychology. And it needs to be done from WITHIN the sport, not by a group of researchers looking from the outside in."

If you're interested in being involved, you can access the questionnaire at <http://goo.gl/forms/rmNfwegawf> or head to the Psychology for Bodybuilders Facebook page or www.lorettawatson.com.au for more information.

Light or heavy? Why not both?



A meta-analysis conducted by Brad Schoenfeld and his fellow researchers found that there is no significant difference between training with high versus low loads when training for strength and hypertrophy. That is, you can train heavy or you can train light — you can get the job done either way.

Schoenfeld says this is particularly good news for the elderly or people with medical conditions that preclude them from using heavy weight.

However, he also notes that "despite

an inability to detect significant differences between conditions, the findings indicate a clear advantage for the use of heavier loads to maximise strength gains."

To read the full study, check out lookgreatnaked.com/blog/light-load

US Iron Man CHANGES

You might have heard some rumours about our parent company across the sea. Well, it's true: John Balik, (US) *Iron Man* publisher since 1986, has sold the publication to entrepreneur Binais Begovic and his wife Dr. Catherine Begovic. The Begovics were previously the licence holders for the Swedish edition of *Iron Man*.

Steve Holman, editor-in-chief under Balik for 27 years, has also left the company; Binais will take on his role, while Dr. Cat will be the editorial director.

It has been a pleasure working with John and Steve — with their art team and stellar roster of contributors — for all these years. The readers of Australian

Iron Man would agree that their experience in the industry is unparalleled. We will miss them and wish them all the best going forward. Welcome aboard to Binais and Dr. Cat! Exciting times ahead.

Binais Begovic on the cover of IM in 2006.



The power of the mind



Researchers from the US have found that muscular strength may be somewhat determined by the brain. A study from Ohio University's Musculoskeletal and Neurological Institute involved testing how two different groups of volunteers responded to having their non-dominant arm placed in a cast for four weeks. One group performed mental imagery exercises, where they imagined themselves flexing and resting their wrist. The other group were not asked to do the exercises.

After four weeks, although both groups lost strength in their arms, the mental imagery group were only 25 per cent weaker than before, compared to the non-mental imagery group, who were 45 per cent weaker.

The researchers concluded that their "findings most likely suggest that neurological mechanisms arising at the cortical level are a substantial contributor to disuse-induced muscle weakness". The study has been published in the *Journal of Neurophysiology*.

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Turn to page 18 for Iron Man's tribute to Greg Plitt.

RIP Greg Plitt

In January, the fitness community received some very sad news out of Burbank, California. Bodybuilder, trainer, fitness model and actor Greg Plitt — known all over the world as one of the top cover models for fitness publications, including the one you're holding right now — was struck by a train close to Burbank Metrolink Station and killed. It's believed he was filming a training video on the train tracks, which he had also done in 2013 at the exact same site. The site has now become a makeshift shrine.

In the wake of the news, social media was flooded with tributes to the star, many hoping it was a cruel hoax. As *IM* writer Roger Lockridge wrote on Facebook, "He was one of the giants of the fitness industry."

In addition to his fitness work, Plitt was a former US Army Ranger and West Point graduate. Inspired by fitness at a young age when his dad bought a home gym, Greg will be missed for the larger-than-life persona

he displayed in his intense training videos. He visited Australia late last year to speak at an entrepreneurs' conference.

Greg had recently shot an episode of the Bravo reality show *Friends to Lovers*, which aired a week after his death. He had previously appeared on another reality show called *Work Out*.

A proud animal lover, in November last year, Greg shared a video on YouTube called 'The Power of Death', which details the ordeal of putting down his sick pit bull Quest, whom he had rescued from a dog-fighting ring.

Greg's family held a public memorial service on Jan 24 at the Church of the Good Shepherd in Beverly Hills. An additional service was also held in Greg's hometown of Baltimore, Maryland. He was only 37 years old.

Everyone at *Iron Man* sends out sincere condolences to his friends and family. The industry will not forget his contribution.

Paul 'Triple H' Levesque.



New to the Hall of Fame

In January, the International Sports Hall of Fame announced their inductees for 2015. The inductees, to be awarded at the Arnold Sports Festival in Columbus, Ohio, this March, include eight-time Ms. Olympia Lenda Murray and WWE wrestler Paul 'Triple H' Levesque. In addition, legendary powerlifter Ed Coan, boxer Evander Holyfield, martial artist and actor Michael Jai White and kickboxing champion Don 'The Dragon' Wilson will also be inducted.

"Candidates are chosen not only for their athletic accomplishments, but also for their charitable works and mentoring of young children," the International Sports Hall of Fame said through a spokesperson.

And yes, the Hall of Fame is a real place; the Stark Center at the University of Texas, Austin, houses the ISHOF headquarters, which features the world's largest physical culture museum.

The event will be hosted by ISHOF founder (and *IM* scribe) Dr. Robert Goldman.

LACK OF EXERCISE worse than obesity

A study of more than 334,000 people has found that more people die from lack of physical activity than from obesity.

The massive European study looked at the link between physical inactivity and premature death over a period of eight years, then followed up over the next 12 years.

The results, recently published in the *American Journal of Clinical Nutrition*, suggest that even a daily 20 minute walk goes a long way to reducing the risk of premature death, even for obese people — but the authors noted that physical activity should be an important part of life regardless.

"Helping people to lose weight can be a real challenge," Professor Nick Wareham, one of the study authors, said, "and whilst we should continue to aim at reducing population levels of obesity, public health interventions that encourage people to make small but achievable changes in physical activity can have significant health benefits and may be easier to achieve and maintain."

Lead author Professor Ulf Ekelund added: "This is a simple message: just a small amount of physical activity each day could have substantial health benefits for people who are physically inactive."



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THE VANCE ANGLE WITH VANCE ANG

ENTRY LEVEL STARTS

A new year is often a good time to start something fresh and that is what the ANB has done with the introduction of two new categories in 2015. Not only will natural athletes and fans of the ever-glitz Asia Pacific International Fitness Modelling Championships (6-8 June 2015) be anticipating the always stellar line-ups, but also the new Novice and Junior classes in Bikini Model. In addition, a Novice class will be introduced for the Men's and Women's Fitness division. These new divisions should further increase the accessibility of the sport – it's certainly good for the industry.

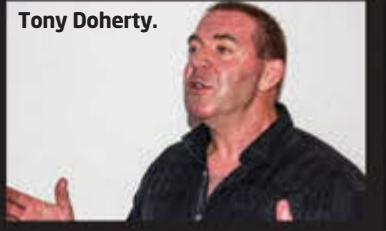


Relentless TONY

In addition to being the IFBB Pro Director and promoter of the inaugural Arnold Classic Australia, which kicks off March 13 in Melbourne, Tony Doherty has somehow found time to travel around the country giving motivational seminars on his 'Relentless Momentum' tour. "Over the course of four hours I will be detailing my story and the crazy ride that is my life," Tony says. "Follow along and learn how from humble beginnings I have managed to create an image and brand that the industry respects."

Relentless Momentum is primarily a business and business seminar — no tips on mass gaining here — and Tony's speaking engagements have been very popular, with tickets selling out in many venues. The current tour finished up 7 February in Hobart but keep your eye on Tony's website tonydoherty.com for more dates to appear.

Tony Doherty.



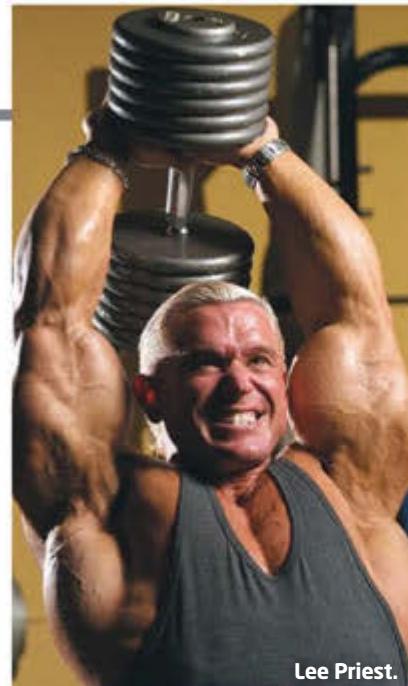
Wayne Gallach

NATURAL milestone



This year the INBA will reach an important milestone, with 2015 marking the 20th year since

INBA Australia hosted the first ever Natural Olympia in Melbourne in 1995. The three men responsible for this effort are Lorenzo Gaspari, Denny Kakos and Australia's very own Wayne McDonald. It is certainly good to look back on the tireless efforts of these men, in particular Wayne McDonald, who has been at the forefront of the federation and natural bodybuilding for many years. Well done, chaps, and here's to another 20 years!



Lee Priest.

Neveux

Pro cards at the LPC

NABBA/WFF's Lee Priest Classic, to be held 22 March at the Bankstown Sports Club, NSW, will have WFF pro cards on offer to the winners of each of the five men's and women's bodybuilding classes, as well as the Junior Bikini and Junior Sportsmodels (23 and Under) divisions. The Pro/Am show will feature the pro divisions of NABBA Pro Division Men and WFF Pro Division Women and Men alongside the regular amateur classes.

The action starts at 10 am, with Lee Priest guest posing after the intermission.

Tickets are available from <http://bit.ly/1yWUIYM>.

To contact Vance about any material for the Ang'le, email Vance at ironman@blitzmag.com.au. Alternatively, you can write to:

The VanceAng'le
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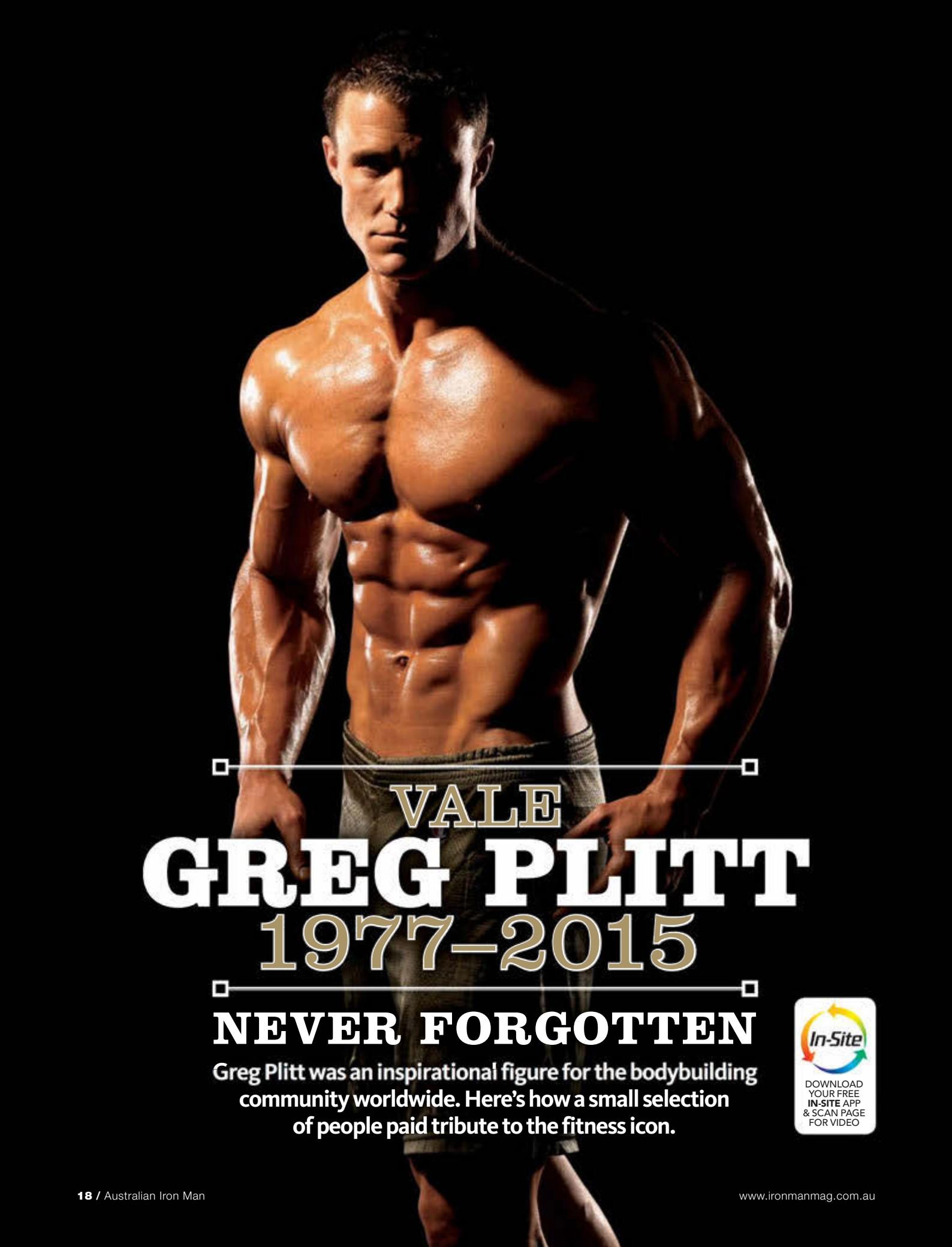
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VALE

GREG PLITT

1977–2015

NEVER FORGOTTEN

Greg Plitt was an inspirational figure for the bodybuilding community worldwide. Here's how a small selection of people paid tribute to the fitness icon.





See next issue for our in-depth tribute to Greg and a huge photo gallery.



All photos Neveux

"Greg Plitt had a substance to back up his larger than life persona. He was smart, a West Point Graduate and a US military elite. He was a real bad ass on paper and in person."

— *Noel Daganta, fitness photographer*

"Wow. This news about Greg Plitt passing away this afternoon is gut wrenching. He was hands-down the number-one fitness model in the world, and also a really great guy. He will be missed by so many. What a tragic day."

— *Kyle Clarke, fitness model*

"You were the first to inspire me as a young guy to step up and go after what I wanted in life, just as you inspired millions of others. 'Life isn't about waiting for the storm to pass its about dancing in the rain. So dance, dance, dance.' RIP Greg Plitt."

— *Karim El Brache, Australian fitness model*

"My friend, my icon I have looked up to since I started working out with passed away today. We just got done filming a few months ago and we hit it off so well he invited me to his house and stay while I was in LA at the Fit Expo in Feb. My heart grieves! You are a true hero. Not only were you an inspiration to millions but you served your country with honour."

— *Colin Wayne, US cover model*

"Greg Plitt helped me to be living today. That is, no shit, the real life truth. I have seen so much love for a guy who was all about helping others. The real deal is not in social media likes or anything else in between. It's about setting a standard and really helping others to evolve and lead in their respected communities. I loved that guy and for me that was fitness. I hope he is OK and in a place he wants to be. A true warrior and pioneer in a universe that seems to be heading in the opposite direction. Much love to anyone who needs some extra today."

— *Sonny Brown, Australian fitness model*

"I will remember Greg as I always saw him: a fighter, a go-getter, a mad genius, a joker, a dreamer, a giver, a creative and, most of all, an inspiration to so, so many. Instead of punching myself for not calling more or wondering if I could have 'changed the course of history somehow', I want to focus on knowing that he is in peace where he is. Greg was passionate about his life and his work. He truly LIVED. Folks, honour his memory by looking in the mirror today and being thankful for being given the opportunity to follow your dreams as he did. Don't waste a single day. Rest, brother. I know they have those M&M cookies where you are."

— *Alicia Marie, fitness model*

"I was very saddened when I heard Greg Plitt passed away today. This is a tragic loss for the fitness industry and everyone who knew him or of him. He inspired millions including myself seven years ago when I saw him in my first muscle mag. Reminds me how precious life is and what we do with the time we have. Tonight my prayers are with Greg and those who surrounded him."

— *Calum von Moger, WFF Mr. Universe*



10 of Greg Plitt's most motivational quotes

"When you are wondering how do you go on, the better question is, how do you NOT go on?"

"The only reps you don't grow from are the ones you don't do."

"The hardest things in life are done the least but provide the most."

"I keep going till that pain says hello to me. I don't say goodbye until that pain says hello. That's a good set."

"It's called the pump, people — you got to experience it; it's one of the better highs in life, you don't need to shoot up for it, you don't need to snort it. All you got to do is sweat for it."

"Second by second you lose the opportunity to become the person you want to be, when are you going to stop making excuses and take charge of your fucking life?"

"Happiness is when you finally connect your mind to your body."

"Weakness leaves, pride comes in. Confidence grows. Successful life."

"Opportunities don't come knocking on the door. They present themselves when you knock the door down."

"You are what you do repeatedly every day. If excellence is something you're striving for, then it's not an accident. It's a habit."

SIZE MATTERS, SO...

TRAIN TO

IN THE TRENCHES

Off-season vs. pre-contest: Backward approaches?

Dividing the year up into two very distinct training phases is something that not only competitive bodybuilders do but also the many others who live the lifestyle yet don't compete. For most it follows a pattern directly related to the seasons. The autumn and winter, which for most of us are colder times of the year, are reserved for the 'off-season'. This phase is all about putting on more muscle mass.

Off-season workouts usually revolve around plenty of heavy free-weight basics performed for straight sets in the six-to-10-rep range. Rests between sets are longer to allow for maximum recovery so that maximum weights can be used in each set. Many do little or no cardiovascular work, although older trainees will usually do it for health reasons. People take more days off from the gym each week during the off-season, and diet plans are often no more complicated than, "Stuff down as much good food as possible and feel free to have as many copious treats and cheat meals as your heart desires." Hey, why not? You're bulking up!

The sunnier seasons, spring and summer, are when we shift over to pre-contest, if you compete, or 'cutting', if you are one of the millions around the world who simply like to look good in swimsuits, tank tops and shorts. The workouts undergo a radical transformation. You will keep some key basics at all times, but now you add more isolation movements, machines and cable work. You incorporate more intensity-boosting techniques like drop sets, forced reps, supersets and rest/pause. The overall volume is increased, with more exercises, sets and reps per workout. You keep rest periods shorter to burn more calories, and you ramp up

your cardio regimen, sometimes to the tune of doing an hour or more every day (not something I recommend).

Of course, the diet is strict now. You eat clean and only as much food as your body requires – no more. Cheat meals are either eliminated or taken only at specific intervals, such as once a week. With this yearly cycle we optimise the growth environment for roughly half the year and alternate that with half a year for maintaining muscle mass and melting off body fat. Perfect! Or is it?



Gary Strydom.

him. He explained that his pre-contest training was heavier and done for straight sets with a bit more rest between them, and the off-season was when he used more of those intensity techniques. As he was about as large as he needed to be, the actual exercises didn't change much throughout the year. Yet I was curious as to why he used those traditional 'pre-contest' techniques in the off-season, rather than when he was training for a show.

"Think about it," he began. "All those techniques put far more demand on your body's ability to recover and grow. It makes more sense to use them when your body has far more calories and energy to draw on, not when you're on lower calories and doing all that extra cardio." I agreed that he was right. "When you're dieting down, you're not going to build muscle anyway, so it makes sense to train heavier and with less volume to retain as much of your size as you can while you get rid of the fat."

Strydom felt it was silly to make your workouts much longer and more demanding when you're depriving your body of the fuel and rest it needs to grow. That's the reason so many competitors wind up losing precious muscle in the final weeks leading up to their contest. The off-season was when the intensity techniques would actually be of the greatest benefit. In their enthusiasm to train as hard as possible to win, competitors unknowingly throw far more at their body than it can take under the circumstances.

As for increasing volume and adding intensity techniques pre-contest to burn more fat, "Let your diet and cardio take care of that," he said. Makes a lot of sense to me!

– Ron Harris

GAIN

So-called pre-contest training puts the body under severe dietary stress. Why make it worse with intensity tactics in the gym?



GROW WITHOUT PLATEAU

Leg training P/RR/S style



MASS MOVES

Every-set change to gain

Do you do every set the same way? You know, same rep tempo, same hand spacing, same rest between sets?

Well, your motto for growth should be 'change to gain' because it takes something unique to add more mass to your physique. Here's a good example using seated biceps concentration curls:

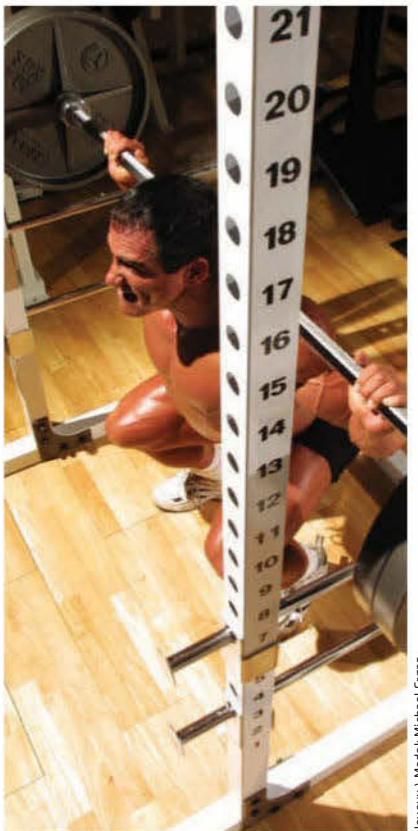
SET 1: Do this set with supination – that is, start with your arm braced against your inner thigh, palm facing back at the bottom, and then twist your palm to face up as you curl. At the top, at peak contraction, your little finger should be higher than your thumb.

SET 2: Do all reps with your palm up – in the supinated position. In other words, don't twist your hand.

SET 3: Go back to supinating, but do your concentration curls standing – Arnold style. He was also a big fan of supinating his hand – and he built some incredible biceps.

You can also change hand or foot placement on some exercises. For instance, on the calf machine start with your feet out wide for a set, and move them in a few inches for each successive set until your feet are close together.

– Steve Holman



Q: I am currently using your Hybrid-Power/Rep Range/Shock training at home with extremely limited equipment – a flat bench with leg extension/leg curl, a barbell, plates and a rack for squats – that's it. Can you please suggest a killer workout for quads and hams that I can do?

A: Sure, I would be happy to.

Squats, 5/0/X tempo 3 x 4-6

Alternating lunges, 2/1/2 tempo
1 x 13-15, 1 x 10-12, 1 x 7-9

Superset

Leg extensions, 3/0/1/1 tempo
2 x 10-12

Barbell hack squats,
3/0/1/1 tempo 2 x 7-9

Lying leg curls, 5/1/X tempo 3 x 4-6

Stiff-legged deadlift, 3/0/1 tempo
1 x 13-15, 1 x 10-12, 1 x 7-9

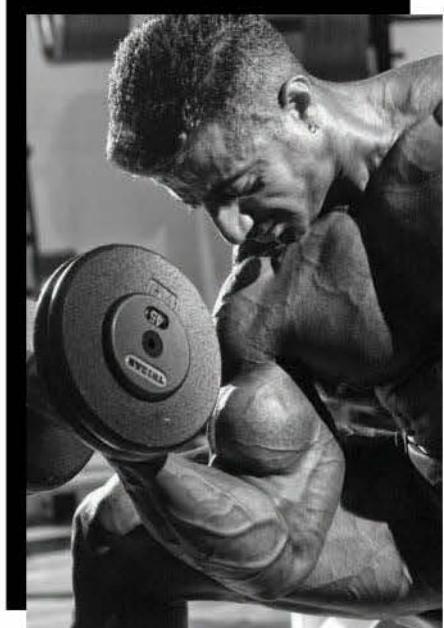
Superset

Lying leg curls (torso up on
elbows), 2/1/1 tempo 2 x 7-9

Straight-leg barbell good mornings,
3/1/1 tempo 2 x 10-12

Enjoy the pain and
welcome the growth!

– Eric Broser



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HARDGAINER

Q&A: Anatomy of the pecs and mass-building success

Q: Are there really 'upper pecs' and 'lower pecs', or are the pecs two single slabs of muscle?

A: Although the pecs have the same functions in everyone, their outlines vary to some degree among individuals. Check out chest shots of lean bodybuilders, and you'll see variations in pec shape.

Most people's pecs have a larger gap between them at the very bottom than higher up. Occasionally, though, you'll see someone whose pecs don't have that bottom gap and seem to almost merge into each other right at the bottom line. Steve Reeves, a bodybuilding superstar from the '40s and '50s who became a film star, was a famous example of that unusual pec shape.

It's common to have a hollow in the pecs immediately under the bottom of the clavicles, or collarbones, no matter how well-developed the pecs are, but the hollow is more pronounced in some bodybuilders than others.

Pec shape variations are genetically determined and can't be changed through training, but the size of the pecs can. It's the same with other muscles.

For example, some people have highly peaked biceps, whereas others have much flatter biceps – and some have almost totally flat biceps even when they're fully contracted. For example, no matter how he trained, Sergio Oliva couldn't build biceps peaks like Arnold's. The shape of his biceps was genetically determined.

Anatomically, the pecs are the large slabs of muscle on the upper chest, and they connect the chest and collarbone to the humerus, or upper-arm bone. The pectoralis major, the muscle's formal name, adducts, flexes and medially rotates the humerus. If you move your arm across your chest, pull it down and rotate it inwardly, all against resistance, you'll feel your pec contract. The pecs are a prime mover of the humerus, along with the delts and lats.

The pectoralis major is a single muscle, but it has a clavicular head, which is the upper area, and a lower area. That's where the idea of the 'upper' and 'lower' pecs comes from. Incline-bench presses may place more stress on the clavicular head – the upper pec – than do flat-bench presses.

Steve Reeves.



The pectoralis minor is the muscle beneath the pec major, connecting some ribs to the shoulder blade. The pecs minor aren't visible, and they have nothing to do with the upper portion of the pecs. They protracts the shoulder blades, as occurs when you reach for something, and elevate the ribs.

Q: At what angle should I set the bench when I do incline dumbbell presses?

A: It depends whether your primary aim is to work your shoulders or your pecs. All angles of the incline dumbbell (or barbell) press work your shoulders and your pecs, but the balance between the areas changes with the angle of the bench. If your focus is on your shoulders, set the bench at a higher angle – about 75 degrees from the horizontal. If your focus is on your pecs, set the bench at about 30 degrees from the horizontal.

Regardless of the angle, make sure that the bench is sturdy and stable, and that the pin or other device that fixes the angle is secure. And be sure to have at least one alert, strong spotter standing by in case you get stuck on a rep. Always be safety conscious.

– Stuart McRobert



Neveux \ Model: Casey Bunge

Dumbbell pullovers: Bad for your abs?

The dumbbell pullover is an exercise that you usually see in hardcore gyms and somewhat less frequently in the more upscale fitness centres. Its history goes back decades, to when it was performed with a bar that was lying on the floor at the end of a flat bench. You'd lie on the bench and reach back, perhaps lifting your hips off the bench to help reach the bar.

One version was just a pullover – from the floor to the chest and back for reps. The second was a 'pullover and press', which was actually a bench press. (The bench was not a popular exercise yet, so it was often combined with the pullover.) The third version was a pullover into a lying triceps extension.

Eventually, as training continued to evolve and the concept of attempting to isolate muscles in training grew in interest and popularity, those versions of the pullover faded away. The dumbbell pullover came on the scene, and it wasn't too long before people were performing it across the bench – torso perpendicular to the bench – so only the upper back was on the bench.

Two variations emerged: 1) pullovers performed with a heavy dumbbell and 2) lightweight pullovers that were typically followed a set of high-rep squats. The high-rep squats were often referred to as 'breathing squats' – because of the way you'd be breathing after performing them, usually chugging like a locomotive.

The prevailing thought was to take advantage of that state of breathlessness by using the light pullover and breathing deeply while reaching back far with the arms and dumbbells, dropping the hips and sucking in as much air as possible. This combination of exercises was believed to help people gain weight and expand their chest. The mechanism of the chest expansion was never quite explained. The weight gain came from very large muscle groups being worked hard with the high-rep squats combined with a diet that was rich in protein and calories.

There is a problem though. When the dumbbell is lowered behind your



In a media-driven world that values the appearance of a guy, it is very unwise to perform an exercise that could destroy the six-pack.

head, and you take a very deep breath, dropping your hips for an extra stretch and an extra big breath, the abdominal muscles are shut down during the inhaling process. Here's the reason:

The line down the middle of your 'six-pack' is the linea alba, or median rectus, and it's made of connective tissue. Every time you perform the pullover described above, you stretch the linea alba a tiny bit more. Eventually, it will stretch out and weaken. Over time, the linea alba can begin to tear.

I've had bodybuilders come see me in a bit of a panic, asking me about this 'lump' in the centre of their six-pack. Fortunately, the 'lump' was not a tumour, and, unfortunately, it was a small hernia or tear in the linea alba.

Later in life the tear can get larger, and the linea alba can tear over a large

area. That split in the abdominal wall is known as a diastasis recti, and it's usually surgically repaired only in very thin people, some of whom are thin women who lose pregnancy weight after their baby is born.

So, in a media-driven world that values the appearance of a guy, it is very unwise to perform an exercise that could destroy the six-pack. Some of the seated pullover machines do not permit this type of stretching and are much less harmful to the linea alba, if at all. Many pullover machines actually encourage abdominal muscle contraction at the completion of the motion, but that isn't the risky part of the movement. Always be careful at the furthest reach of any machine pullover.

Train smart, and then train hard.

– Joseph M. Horrigan

MAD SCIENTIST EXERCISE OF THE MONTH



Butt bull's-eye

When squats and lunges fail, this exercise works



Photos courtesy of Nick Nilsson

One of the most common pieces of advice you'll hear in the gym regarding glute training is that squats and lunges are all you need. Usually, that's true, but what do you do if squats and lunges don't work for you? (Yes, it can happen!)

There are two major problems you can run into by focusing solely on squats and lunges for building your glutes:

1. Your quads take over the movement, reducing glute involvement.
2. You have knee issues that prevent full flexion in the knee joint, preventing you from doing full-range squats and lunges.

I've got an exercise that will fix both of those problems. I call it the 'one-leg glute deadlift' – and it's going to kick your butt (no pun intended).

The position this exercise puts you in looks very much like a Bulgarian split squat; however, you do it *without* the squatting. (Note: the Bulgarian split squat entails setting your back foot on a bench with the other leg forward so you're in a lunge position. Then you move your body up and down in a split-squat move.)

Here you do what resembles a single-leg stiff-legged-deadlift movement while your back leg is on the bench, similar in position to the Bulgarian split squat.

You will be amazed at how strongly this exercise targets your glutes – and it hits them without

involving active knee flexion during the movement itself, solving the problem of training with knee issues.

The point is that you *can* build bigger glutes and/or maintain glute size when you have knee problems or injuries that prevent you from squatting or lunging.

On the flip side, though, this exercise does require good lower-back strength. If you also have back issues, it won't be a great option for you, unfortunately.

Here's how to perform one-legged glute deadlifts:

You'll need two dumbbells and a bench. Set the dumbbells in front of the bench (I'm using 85-pounders – 38.5 kg – in the accompanying photos, but start lighter than that when you try these the first time).

Grasp the dumbbells and stand up a few feet in front of the bench.

Now reach back with one leg, and set your *entire* shin on the top of the bench, hooking your toes over the edge. That will give you greater stability.

What you're trying to do with this exercise is get your body in the right position to force your glutes to activate under heavy load, not work them in an unstable environment. The more stable you are, the more weight you'll be able to use and the better it will hit your glutes.

In this position the glute of your front leg is activating isometrically in

order to support your body and the weight. That puts excellent tension on it even before you start the exercise.

Now bend forward, lowering the dumbbells slowly.

Do *not* set them on the ground. Bend only as far as you can go while keeping a tight arch in your lower back. Make sure your core stays solid and braced while you're leaning forward; push your abs into your thigh at the bottom (that's the best way to describe it).

The back arch and the core bracing is especially critical when you're using heavy dumbbells. This is the 'deadlift' portion of the exercise.

Hold for a few seconds at the bottom, developing tension in the legs and glute, then bring your torso back up to vertical. Focus on pushing with your heel as you come up.

This movement is hip extension. You're using the gluteus maximus to pull your torso back up into the vertical position while you're also using it to isometrically support your bodyweight and the dumbbell.

You're literally attacking the glutes with *two* different forms of simultaneous tension in one exercise.

Do your reps on one leg, and then switch legs. I prefer lower reps with this exercise since the glutes are powerful muscles and can be hit hard with heavy weight – aim for five to seven reps per leg. ■

– Nick Nilsson

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Metabolic rebound

It's a dreaded condition, yet you see it in the gym every day. A petite, good-looking girl walks in and becomes a member. She obviously has done something physical previously, as she's in decent shape. She catches the bug and decides to train seriously with the goal of eventually doing a physique, figure or bikini competition.

Her hard training and adherence to an athlete's diet catches the attention of several gym regulars and trainers. She enlists the advice and eventual coaching of one the trainers. Sixteen weeks before the selected contest, the additional cardio and restrictive diet begin. The situation may also include some cutting agents, thyroid medications and/or light anabolics, or it may not.

Everything goes according to plan and our hypothetical cutie places in her contest and comes home with a trophy. One month later her ass has ballooned to the dimensions of a mid-sized car with plenty of junk in the trunk. This becomes the new norm unless our former bombshell is deep into another contest diet, and each such diet becomes increasingly restrictive and severe. This is what I call 'metabolic rebound', and I have been devoting significant time and attention to its resolution.

Metabolic rebound is the convergence of many factors, all working against those afflicted with it.

First, so my example above doesn't appear sexist, metabolic rebound is an affliction that affects predominantly women, although I have worked with men who were experiencing a version of it. This discussion focuses on the ladies.

To begin with, women's thyroid glands are at least five times more sensitive to abuse than men's. Harsh dieting, without the inclusion of certain essential nutrients and carefully constructed 'cheat meals' (not food orgies), can downregulate sensitive female thyroids. Indiscriminate use of thyroid medications at too high a dose or for too long a duration and coming off of them improperly will often destroy a woman's metabolism. If she doesn't undertake a proper holistic program, it can become permanent. That means eating less, more cardio and bigger jeans sizes.

That brings me to cheat meals. Unless you're a rare genetic freak, it's a cheat meal, not a cheat day. You're supposed

to have one when you are deep enough into a diet that you are getting a bit depleted. I've known athletes who were 40 lbs (18 kg) overweight and looking for a cheat meal the first week of their diet. That will only slow your progress and undermine the hormonal adaptations that should be occurring in a properly constructed weight-loss plan. The meal should have liberal (but not abusive) amounts of carb, a good amount of natural fat and a protein food that you normally don't eat when dieting. Add a moderate dessert, and you're done.



Neveux \ Model: Felicia Romero

Women's thyroid glands are at least five times more sensitive to abuse than men's.

ROW

The meal is not supposed to last three hours. I can't be much more specific because you must take into account your size, training load and metabolic variables when planning the cheat.

Metabolic rebound is the convergence of many factors, all working against those afflicted with it. It is the sum of hormonal dysfunction (the deficiencies and excesses of differing hormones), nutrient deficiencies and imbalances, food intolerances, improper digestive function and – most surprising – intestinal flora. All of those issues are taking place at the same time that the metabolic rebound victim wants to back off from contest levels of cardio and eat a somewhat normal diet. I will briefly address each issue below, but I may devote an article to each in the future.

The hormonal dysfunctions normally observed in female metabolic rebound include an excess of insulin, a lack of insulin sensitivity, low glucagon (caused by the excess insulin), downregulated thyroid hormone and possibly excessive estrogen. Of necessity I have to keep it general here, but it's a very complex topic with individualised protocols. Suffice it to say that there is a dietary and holistic answer to each of these issues that works in virtually every case.

All but the most strategic dieters often develop subclinical deficiencies or imbalances of essential fatty acids and their metabolites, minerals and fat-soluble vitamins. The majority of these help your body keep muscles, synthesise hormones and produce and use energy, which means burn calories. Aggressive supplementation and in-depth dietary analysis can reveal most of what's going on in this area. If there are still questions, certain blood tests may be informative.

After a restrictive and prolonged diet, the body is not prepared to consistently use generous portions of food, carbohydrates in particular. In fact, the body produces far less alpha-galactosidase, an enzyme essential for starch digestion, after a long diet. The result will be bloating and water retention, all part of the metabolic



**Unless you're a rare genetic freak,
it's a cheat meal, not a cheat day.**

After a restrictive and prolonged diet the body is not prepared to consistently use generous portions of food, carbohydrates in particular.

rebound experience. While I believe in certain digestive enzymes for all athletes I train, I believe that a particular analysis of enzyme sufficiency must take place after a contest diet.

After a few post-contest celebration meals, you should re-introduce healthful carb foods via a slow, methodical increase. Start on the low-moderate side and go up 25 grams per day every 10 days until you feel the undesirable 'softening' of your body begin. Back off 25 grams from that last level, and you'll

be on the right track. Fats are somewhat more forgiving than carbs, and protein should be reasonably constant on- or off-season.

While I believe that carb cycling is pseudo-science in terms of weight-loss diets for all but the most metabolically gifted athletes, the above technique works quite elegantly in the reintroduction of foods after a contest diet. Don't get carried away on the higher-carb days. Moderation is key.

I am doing some ground-breaking work on the metabolic effects of intestinal flora – good and bad bacteria. Briefly, there are more than double the number of bacteria cells in your digestive system than the total number of cells contained in the rest of your body. The bacteria have their own individual metabolisms, and there are billions of them. Their metabolisms and production of nutrients have a profound effect on your metabolism. Have the right ones, and it's like several billion little guys (or gals) running on treadmills. Have the wrong ones, and you've got billions of mini people eating ice cream and watching bad reality shows.

I'll have more on this in the future. In the meantime don't confuse this, with your constipated Aunt Bertha's probiotic pills.

– Ron Noreman

RECIPES

Vegetable frittata

**NUTRITION** (for six frittatas)

Energy.....	2876kJ
Fat.....	12g
Sodium.....	300g
Carbohydrates.....	92g
Protein.....	35g

A kilo of veggies per day is pretty average consumption for me. I love 'em and I'll eat them raw, cooked, steamed, grilled, roasted, baked and (very occasionally) fried. However, as most of us know, it's easier to do a bulk cook-up, which means we eat the same vegetables, prepared the same way, for weeks on end. These little frittatas are packed with vegies, bursting with flavour and they make a great accompaniment for lean grilled meats. Plus they're a welcome change from steamed broccoli and Brussels sprouts!

INGREDIENTS

- 1 large sweet potato, thinly sliced
- 6 large mushrooms, thinly sliced
- 2 cloves garlic, finely chopped
- 1 jar fat-free red peppers, drained and sliced
- 12 large basil leaves, finely chopped
- 150g baby spinach leaves
- 2 eggs
- Himalayan sea salt
- Lemon pepper
- Olive oil spray

METHOD

1. Preheat your oven to 160°C.
2. Microwave sliced sweet potato until tender.
3. Spray a non-stick pan lightly with olive oil spray and heat to medium.
4. Add mushrooms and garlic and sauté until they begin to colour.
5. Toss in the roasted peppers and the chopped basil.
6. Using a non-stick muffin tray, lay in enough sweet potato slices to form the bottom of six muffins.
7. With the base of a glass, press down firmly on each.

8. Take a half handful of spinach leaves for each frittata and place them on top of the potato, pressing down firmly as you go, then add a layer of mushrooms and a layer of roasted peppers.
9. Add another layer of spinach leaves and then top with sweet potato slices laid out in a spiral fashion.
10. Beat the eggs with a pinch each of salt and pepper and then divide the mix evenly across the frittatas.
11. Place muffin tray on another baking tray to prevent possible spills in the oven then cook for about 20 minutes or until frittatas are firm to touch.



Fiona Flanders is a qualified chef and physique competitor. She holds a Diploma of Hospitality, Cert IV in Commercial Cookery and placed first in the Ms. Physique Masters 50+ at the 2013 INBA World Pro-Am Natural Championships.

NUTRITION NOTES**Food facts**

That can affect your workouts, weight and wellness



There are good reasons that monounsaturated fat has been dubbed 'heart-healthy'. This is the fat found in avocados, olive oil, olives, macadamia nuts, peanuts and even beef – more in the grass-fed varieties.

Monounsaturated fats can have beneficial effects on your skin, keep your arteries clean and also help you get lean.

Research published in *Diabetes Care* found that replacing some saturated fat with monounsaturated fat – taking saturated from 23 to 9 per cent – boosted adiponectin in the body. That's important because adiponectin is the 'lean-body hormone' responsible for heightening insulin sensitivity, increasing calorie burning and curbing appetite.

The results show that eating more monounsaturated fats led to a redistribution of body fat away from the abdomen. That's critical to your health – ab fat is linked to cancer, heart disease and more – and the impressiveness of your physique. No matter how big you are, without etched abs, you look fairly fat.

Eat some monounsaturated fat each day to improve your health and your bodybuilding results.

– Steve Holman

Darren Burns

All-in-one vitamins: Can you do better?



There is a simple elegance in trying to do something that's good for you, doesn't take much commitment, isn't inconvenient and is economical to boot. The problem is that the effectiveness of a once-a-day multivitamin and mineral pill is more an illusion than a reality. For instance, just the recommended daily allowances of calcium and magnesium alone would take up the space of four large tablets or six average capsules. Thus, a multi always has inadequate amounts of those two vital minerals.

Minerals are also inherently difficult to absorb. In high-quality supplements, the nutrition industry cleverly binds minerals to proteins in a process called 'chelation'. Your body is much more efficient in processing minerals when they go for a ride on a protein carrier. Chelation takes up a lot of space –

much too much for one pill if respectable amounts of minerals are present. Without chelation maybe 10 per cent of the minerals in supplements are absorbed.

Once-a-day vitamins typically provide vitamin E as d-alpha tocopherol, which is one of eight forms of vitamin E that are typically found in nature. Too much of one, without the others, can be pro-oxidative rather than having antioxidant properties. (That means it's bad for you.) If your vitamin has dl-alpha tocopherol, which is a synthetic, chemical pseudo vitamin E, throw it out. Combining all of the necessary vitamin E forms occupies a good amount of volume and typically must be emulsified in an oily base, which is not possible in a single tablet. Similar problems exist for the various carotenoids – and you thought that there was only good old beta-carotene.

The moral of the story is that you must expect to take six or more pills to get what you really need as comprehensive nutritional insurance, and that's just a basic program. Ideally, some must be in the form of oil-based gel caps. Reality rears its ugly head – buyer beware!

– Ron Noreman

SNACKS

On-the-go protein

Since the early 1900s peanut butter has been a fixture in the home. Whether it's peanut butter sandwiches or as a featured ingredient in cookies, it's a favourite. The question is, is it good for you? Although peanut butter is high in fat (16 grams of fat and 190 calories per two tablespoons), you get a lot of nutrition. It's a great source of protein, fibre, vitamins and minerals. A two-tablespoon serving of peanut butter contains more than eight grams of protein, nearly two grams of dietary fibre, 208 milligrams of potassium, more than half a gram of iron, 24 micrograms of folate and three grams of sugars. In 2003 the US Food and Drug Administration approved a qualified health claim for peanuts, with evidence suggesting that eating 1.5 ounces (42.5g) per day – as part of a diet low in saturated fat and cholesterol – may reduce the risk of heart disease. The cool thing about peanut butter is, if you keep a jar at work or in your gym bag, you can scoop up a few hundred calories and more than a dozen grams of protein in seconds. It also provides quick protein directly following a workout, the time your muscles need these nutrients the most. Affordable, easy and ready to go! Look for the varieties that don't have added sugar and preservatives at health-food stores – although many supermarkets now carry more healthful varieties as well.

– Ninette Terhart



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NEW FROM



MUSCLE-UP DIETS

Eating for size as a teenager

Q: My son and I are big fans of yours and have followed your activities since you started with Iron Man. The question I have is really from my son, as he is 16 years old and has been weight training under my supervision for almost a year. He is tall and very skinny and wants to look the way you do now. I know that when you started, you were only 125 pounds (57 kg) and now must be 250 (113 kg). I figure you must eat very differently now than you did when you were first training and looking to build a foundation. What did you eat when you were my son's age?

A: Thank you to you and your son for being my fans. I really appreciate that. You are absolutely right in that I eat far differently now than I did when I was in my teens and desperately trying to add bulk. In fact, I would guess that I ate at least

twice the calories a day back then as I do now, despite weighing about double at this point!

The foods I ate were rather consistent – things like beef, eggs and milk for protein; pasta, bread, cereal, rice, potatoes, fruit and quite a bit of fruit juice for carbs. My fats came from my proteins mostly, but I also ate a lot of cashews and peanut butter. At the time I did not prepare specific meals but just ate anytime I was hungry, from the time I awoke until it was time for bed. Sometimes I would get up in the middle of the night and blend weight-gain powder, milk and ice cream to make sure I was well fed at all times! That was my diet 'program' from ages 16 to 19, during which time I went from 125 to 200 pounds (91 kg). Tell your son he can do exactly the same – and that I'm rooting for him!

– Eric Broser



AGING WITH MUSCLE

CANCER ANSWERS?

Just about everyone knows someone who has had to deal with cancer. Or maybe you have been directly hit with it. It's very scary — and we all want to prevent it. Good news: a brew may help.



Don't get too excited; we're not talking Corona. It's tea.

According to new research in *Proceedings of the National Academy of Sciences*, chamomile tea is full of apigenin, an antioxidant that "attaches to key proteins and helps reprogram cancer cells so they lose the power to prevent their own death." [Prevention, Oct.'13]

So drink more chamomile tea — it can also help you sleep.

Here's the shocking news though: Do not add a lot of sugar. Sugary foods that spike insulin pack on fat and make you more disease prone. Plus, the latest research is finding that sugar may actually 'feed' cancer cells so they proliferate faster.

According to 'Cancer cells are sugar addicts', mutated cells need glucose — sugar — to stay alive and grow. [Well Being Journal, Sept/Oct.'13]

From the work of Thomas Seyfried, Ph.D., the recommendation to fight this horrific disease is to "minimise any 'after meal' blood sugar and insulin spikes that can fuel cancer".

Keep in mind that fat and/or fibre in foods can slow digestion, minimise blood sugar overload and reduce insulin spikes. That means less inflammation and cancer proliferation.

So avoid snacking on crap foods packed with simple sugar as often as possible — but you already knew that. It's just another reminder.

– Steve Holman

Neveux | Models: David Whiteside and Curtis Fischer



HEALTH AND AGING

Two foods can boost longevity

The protein known as Nrf2 plays a key role in cell health. When Nrf2 is exposed to threats, it oscillates faster and activates an increase in the cell's defence mechanism, including raising the levels of antioxidant. Paul Thornalley, from the University of Warwick in the United Kingdom, and colleagues observed that the sulforaphane in broccoli and quercetin in onions are capable of increasing Nrf2 movement. Observing a continual movement cycle of Nrf2, which sees the protein oscillate in and out of the cell nucleus once every 129 minutes, the team found that the sulforaphane and quercetin sped up the cycle in 80 minutes.

"We discovered [the] cytoplasmic refresh rate of Nrf2 is important in maintaining and regulating the transcriptional response and links stress challenge to increased cytoplasmic surveillance," said the researchers, who now aim to develop new food supplements – superfoods that stimulate Nrf2 activity.



Reference

Xue, M., et al. (2014) Frequency modulated translocal oscillations of Nrf2 mediate the ARE cytoprotective transcriptional response. *Antioxid Redox Signal*. Published online September 2.

– Dr. Bob Goldman

CRAVING CRUSHERS



Reducing the bad effects of pasta

Most of us love a plate of carbohydrate-loaded pasta, but the spaghetti and sauce

can make you feel hungry again soon after, since they're quickly absorbed as simple sugars. Blood glucose is increased and then rapidly falls after insulin kicks in. What if you can change all that by cooling down the pasta before you eat it? Dr. Denise Robertson, a senior nutrition scientist at the University of Surrey in England, believes that if you cook and cool down a pasta before you eat it, the body will begin to treat it more like a fibre than a starch. It does that by creating a smaller sugar rise and feeding the good gut bacteria. Eating cold pasta will also lead to less absorption of calories.

Here's something even more exciting! According to an experiment on the BBC show *Trust Me, I'm a Doctor*, Dr. Chris van Tulleken and Robertson revealed that eating cold pasta did lead to a smaller spike in blood glucose and insulin than eating freshly cooked pasta. To the researchers' surprise, however, cooking, cooling and then reheating the pasta had a significant effect on blood glucose — it reduced the rise in blood sugar levels by 50 per cent. "This means less insulin, less blood glucose, less hunger and more fibre."

I'm in!

– Ninette Terhart

Muscle-Training Program 184

TRAIN, EAT, GROW

From the Iron Man Training & Research Centre

By Steve Holman and Jonathan Lawson • Photography by Michael Neveux

Last month I outlined antagonist-muscle supersets for quads/hams, chest/midback and gastrocs/soleus, although those last two muscles aren't antagonists. You've no doubt seen this type of supersetting before – it was an Arnold favourite – but my take on it is to do both exercises on the same piece of equipment so you're not running all over the gym.

For example, one of the chest/midback supersets was incline dumbbell presses with facedown incline dumbbell rows. After the presses you simply flip over on the bench and hit rows.

Now I want to apply the concept to delts/lats, bi's/tri's and forearm extensors/flexors. Again, I'll use the same equipment for both exercises so there will be no equipment thievery to interrupt your supersets.

DELTs/LATS

The challenge here is not having to drag dumbbells over to the pulldown station. Sure, you can do seated laterals on the seat, and then flip around and do pulldowns, but the goal here is to use the same apparatus for both muscle groups – and the same weight, if possible. Here's the perfect pairing for that:

<i>Superset</i>		
Cable upright rows	4 x 6	
Undergrip cable rows	4 x 10	

You can use a straight bar or a triceps rope. If you go with a straight bar, use a wide overgrip for the upright rows and a more narrow undergrip for the cable rows. On the latter you will step back and bend over at just above 90 degrees so the bar is being pulled by the cable out in front of your face.

If you go with the rope, you'll start with upright rows, pulling it up and spreading your hands at the top. That will hit both the upper traps and delts. For the cable rows you can use a neutral grip on the rope, palms facing, or rotate your hands to an undergrip as you hit the contracted position, whichever enables you to squeeze the hell out of your lats best.

If you train at home or the low cable isn't available, you can use the same set of dumbbells for both exercises: dumbbell upright rows and undergrip bent-over dumbbell rows. If the bent-over rows feel too light, slow the negative of each rep to six seconds after a hard lat flex at the top.

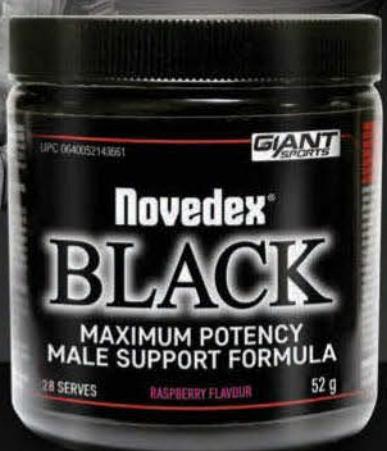
Model: Derik Farnsworth





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If you train at home or the low cable isn't available, you can use the same set of dumbbells for both dumbbell upright rows and undergrip bent-over dumbbell rows.



BI'S/TRI'S

This is the easiest body part pairing for applying the same-equipment antagonist-superset concept. My favourite is this one:

Superset

Incline dumbbell extensions	4 x 9
Incline curls	4 x 9

While the first exercise doesn't quite get you a full triceps stretch, it's much easier on the elbows than overhead extensions done with your torso vertical. If you prefer to superset two midrange moves, try this:

Superset

Lying dumbbell extensions	4 x 9
Seated dumbbell curls	4 x 9

Once you finish a set of lying extensions, sit up, move to the end of the bench, and crank out a set of seated dumbbell curls. Pumping bi's and tri's together should have your arms looking enormous.

Okay, how about more isolated contracted-position exercises? Try this:

Superset

Kickbacks	4 x 9
Facedown alternate incline curls	4 x 9

For the kickbacks, rest your chest on top of the incline bench. When you hit pay dirt, move your arms in front of you so they're hanging off the back of the bench. Now do alternate curls, very similar to concentration curls except your chest is supported by the incline bench. You can also do this superset on a preacher bench –

For the kickbacks, rest your chest on top of the incline bench. When you hit pay dirt, move your arms in front of you so they're hanging off the back of the bench.

Model: Derik Farnsworth



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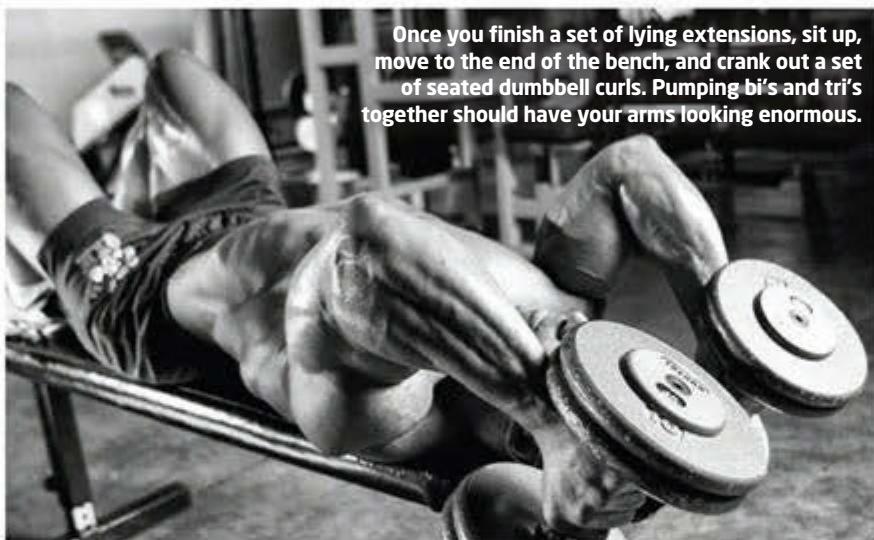
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Once you finish a set of lying extensions, sit up, move to the end of the bench, and crank out a set of seated dumbbell curls. Pumping bi's and tri's together should have your arms looking enormous.

kickbacks followed by preacher curls, or vice versa.

Here's a superset that's an excellent arm finisher because it emphasizes more of the underneath muscles of the biceps and triceps, the brachialis and the long head of the triceps – think biceps peak and triceps sweep:

Superset

Dumbbell pullovers	4 x 9
Seated hammer curls	4 x 9

Use a dumbbell in each hand for the pullovers. The freedom it gives you is much kinder to the shoulder joints. Also, when you're done, you can sit up, scoot to the end of the bench and crank out your hammers. Talk about finishing with a mega pump!

Note: See the Wednesday workouts on pages 37 and 38 for biceps/triceps

IRON MAN Training & Research Centre Muscle-Training Program 184

Monday: Chest, Back, Abs

M: Wide-grip dips (4X)	4 x 10
S: Flat-bench flyes (3X)	3 x 10
C: Cable crossovers (4X)	4 x 10
M: Pulldowns (4X)	4 x 10
S: Dumbbell pullovers (3X)	3 x 10
C: Stiff-arm pulldowns (4X)	4 x 10
M&S: V-handle cable rows (4X)	4 x 10
C: Bent-arm bent-over laterals (4X)	4 x 10
M: Cable upright rows (3X)	3 x 10
S&C: Dumbbell shrugs (3X)	3 x 12
M&C: Incline knee-ups (4X)	4 x 10
S&C: Ab Bench crunches (4X)	4 x 10

SUPERSET

Lying dumbbell extensions	3 x 9
Seated dumbbell curls	3 x 9

SUPERSET

Incline curls	3 x 9
Incline extensions	3 x 9

SUPERSET

Chest-supported kickbacks	3 x 9
Facedown alternate incline dumbbell curls	3 x 9

SUPERSET

Dumbbell pullovers	3 x 9
Seated hammer curls	3 x 9

SUPERSET

Dumbbell wrist curls	3 x 12
Rockers	3 x 15

Tuesday: Quads, Hamstrings, Calves

SUPERSET

Front squats	4 x 5
Squats	4 x 8

SUPERSET

Leg extensions	4 x 10
Sissy squats	4 x 8
Dumbbell semi-stiff-legged deadlifts (DP 4X)	4 x 12, 10, 8, 6
Leg curls (double drop)	2 x 10(6)(5)
Leg press or donkey calf raises (4X)	4 x 15
One-leg calf raises (TORQ)	3 x 30, 20, 15

Friday: Chest, Back, Calves, Abs

Decline presses (DP 4X)	4 x 12, 10, 8, 6
High machine flyes (TORQ)	3 x 30, 20, 15
Wide-parallel-grip cable rows (DP 4X)	4 x 12, 10, 8, 6

SUPERSET

Two-dumbbell pullovers	2 x 10-12
Bent-arm bent-over laterals	2 x 10-12
Wide-grip pulldowns (TORQ)	3 x 30, 20, 15
Dumbbell shrugs (double drop)	1 x 12(8)(6)
Standing calf raises (double drop)	2 x 12(8)(6)
Seated calf raises (TORQ)	3 x 30, 20, 15

SUPERSET

Crunches (TORQ)	3 x 30, 20, 15
Planks	3 x 30-60 seconds

Exercises with three or more sets listed are performed in 10x10 style; that is, take a weight with which you can get 15 reps, but do only the designated number; rest 30 to 40 seconds, and do another set to the same rep count. Continue until you perform all sets. If you get the designated rep number on your last set, increase the weight at your next workout.
M = midrange, S = stretch, C = contracted

Wednesday: Delts, Triceps, Biceps, Forearms

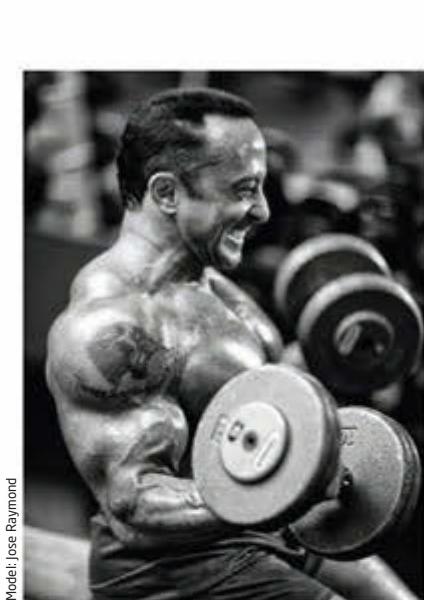
Arnold presses (TORQ)	3 x 30, 20, 15
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SUPERSET

One-arm cable laterals	3 x 10
One-arm cable upright rows	3 x max

SUPERSET

Bent-over laterals	3 x 10
Dumbbell front raises	3 x max



Model: Jose Raymond

supersets in Positions-of-Flexion order – midrange, stretch and contracted.

FOREARM FLEXORS/EXTENSORS

Maybe I spoke too soon about bi's and tri's being the easiest combo for thinking of exercises. Here all you have to do is wrist curls and reverse wrist curls, right? True, but your flexors, the underside of your forearms, are much stronger than the extensors on top. My solution is to use some pre-fatigue action, like this:

Superset

Dumbbell wrist curls	4 x 12
Dumbbell rockers	4 x 12

Do the wrist curls while sitting at the end of a flat bench with your forearms on your thighs. Then, with palms facing up, wrist-curl the 'bells

to the top position. Once you hit your rep count, take your forearms off your thighs and allow your arms to hang straight down at your sides, palms facing in. Now pull your hands up and in with movement at your wrists only, to contract your flexors, and then lower and lift them out and up to contract your extensors. It's a 'rocking' action; hence the name.

Because you do wrist curls first, you pre-fatigue your flexors, reducing their strength closer to that of your extensors. For that reason rockers make for a great second move after wrist curls.

You may be able to come up with your own antagonist-muscle supersets with some experimentation. Each is its own special combo to grow. ■

IRON MAN Training & Research Centre Home-Gym Program 184

Monday: Chest, Back, Abs

M: Decline dumbbell presses (4X)	4 x 10
S: Flat-bench flies (3X)	3 x 10
C: Incline flies (4X)	4 x 10
M: Chins (4X)	4 x 10
S: Dumbbell pullovers (3X)	3 x 10
C: Stiff-arm kickbacks (4X)	4 x 10
M&S: One-arm dumbbell rows (4X)	4 x 10
C: Bent-arm bent-over laterals (4X)	4 x 10
M: Dumbbell upright rows (3X)	3 x 10
S&C: Dumbbell shrugs (3X)	3 x 12
M&C: Incline knee-ups (4X)	4 x 10
S&C: Full-range bench crunches (4X)	4 x 10

SUPERSET

Lying dumbbell extensions	3 x 9
Seated dumbbell curls	3 x 9

SUPERSET

Incline curls	3 x 9
Incline extensions	3 x 9

SUPERSET

Chest-supported kickbacks	3 x 9
Facedown alternate incline dumbbell curls	3 x 9

SUPERSET

Dumbbell pullovers	3 x 9
Seated hammer curls	3 x 9

SUPERSET

Dumbbell wrist curls	3 x 12
Rockers	3 x 15

Tuesday: Quads, Hamstrings, Calves

SUPERSET	
Front squats	4 x 5
Squats	4 x 8
SUPERSET	
Leg extensions or old-style hack squats	4 x 10
Sissy squats	4 x 8
Semi-stiff-legged deadlifts (DP 4X)	4 x 12, 10, 8, 6
Leg curls (double drop)	2 x 10(6)(5)
Donkey calf raises (4X)	4 x 15
One-leg calf raises (TORQ)	3 x 30, 20, 15

Friday: Chest, Back, Calves

Decline presses (DP 4X)	4 x 12, 10, 8, 6
Low-incline flies (TORQ)	3 x 30, 20, 15
Bent-over dumbbell rows (DP 4X)	4 x 12, 10, 8, 6
SUPERSET	
Two-dumbbell pullovers	2 x 10-12
Bent-arm bent-over laterals	2 x 10-12
Wide-grip chins (pure negatives)	2 x 6-8
Dumbbell shrugs (double drop)	1 x 12(8)(6)
One-leg calf raises (drop)	3 x 15(9)
Seated calf raises (TORQ)	3 x 30, 20, 15

SUPERSET

Crunches (TORQ)	3 x 30, 20, 15
Planks	3 x 30-60 seconds

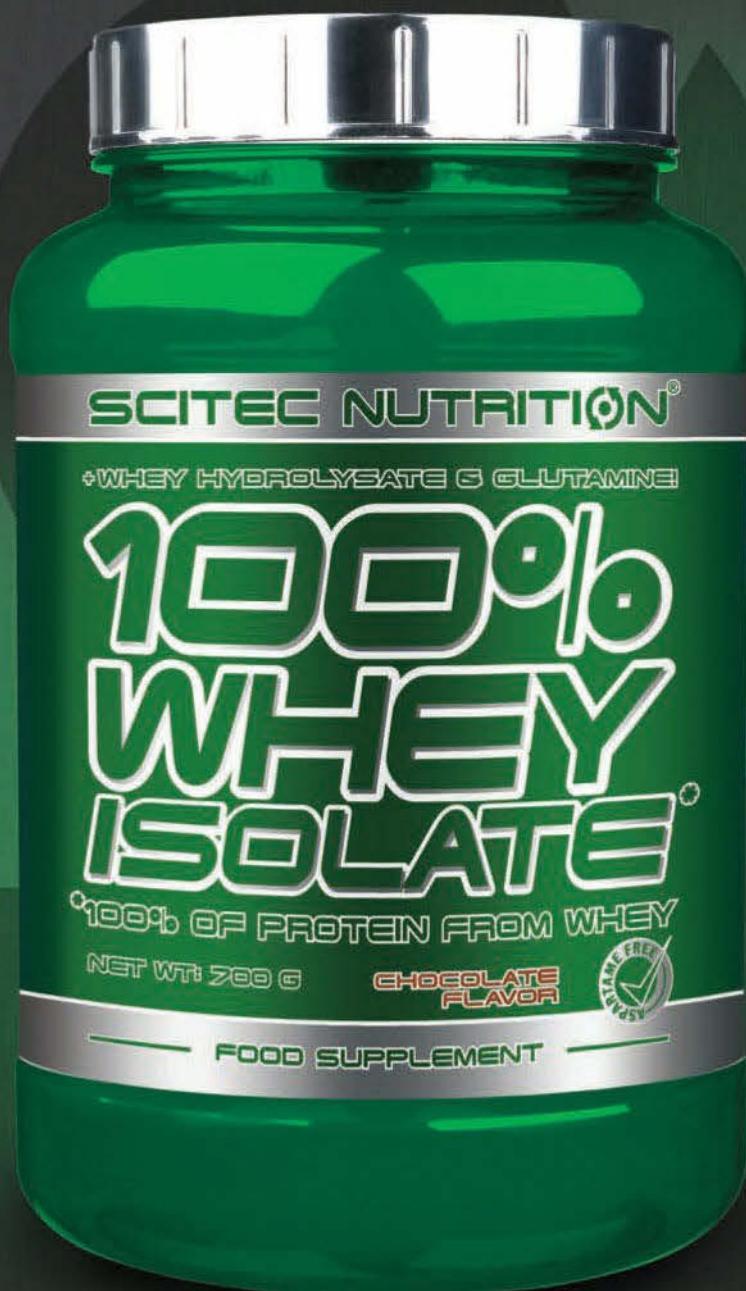
Exercises with three or more sets listed are performed in 10x10 style; that is, take a weight with which you can get 15 reps, but do only the designated number; rest 30 to 40 seconds, and do another set to the same rep count. Continue until you perform all sets. If you get the designated rep number on your last set, increase the weight at your next workout.

M = midrange, S = stretch, C = contracted

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How to be a bodybuilding guru

By Scott Goble

A whole new industry has emerged within the fitness world — that of the coach or, as many like to be called, the guru. Unlike most other sports, where high level coaching is learned through years of study, formal education, working their way up the ranks and, in most instances, being a successful athlete themselves, in the world of bodybuilding, being elevated to coaching status requires none of that annoying time and hard work. Let's focus on the key components of being a successful coach in the fitness industry.



Follow my advice and you too can be on top of the world.

1. Have an opinion. Your opinion does not have to be based on experience, logic or science, it just needs to be an opinion – and you should stick steadfastly to it. The more divisive and controversial your opinions are, the more outspoken you become, the more attention you will receive –

attention critical to you getting your name out there. Some great gurus of the past have picked up on one isolated study; for example, increasing growth hormone post-workout by fasting. Sure, the increase has never been linked to any changes in body composition or increased recovery; sure, there are

reams of studies that suggest that by ingesting nutrients post-workout you will progress faster, but that hasn't held back some of the biggest and best in the industry from creating a stir. You too can find an obscure study on obese mice and base a profitable program around it.

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2. Social media. You're nobody these days without a social media presence, so remember to sign up to every form available and bombard people with images and condemn those who don't follow similar protocols to you and your disciples. There isn't even any need for the images to be linked to you at all. Please don't think they have to be of your clients or yourself;

just post up picture after picture of great six packs and successful bikini competitors and people will begin to associate that imagery with you and your new training system.

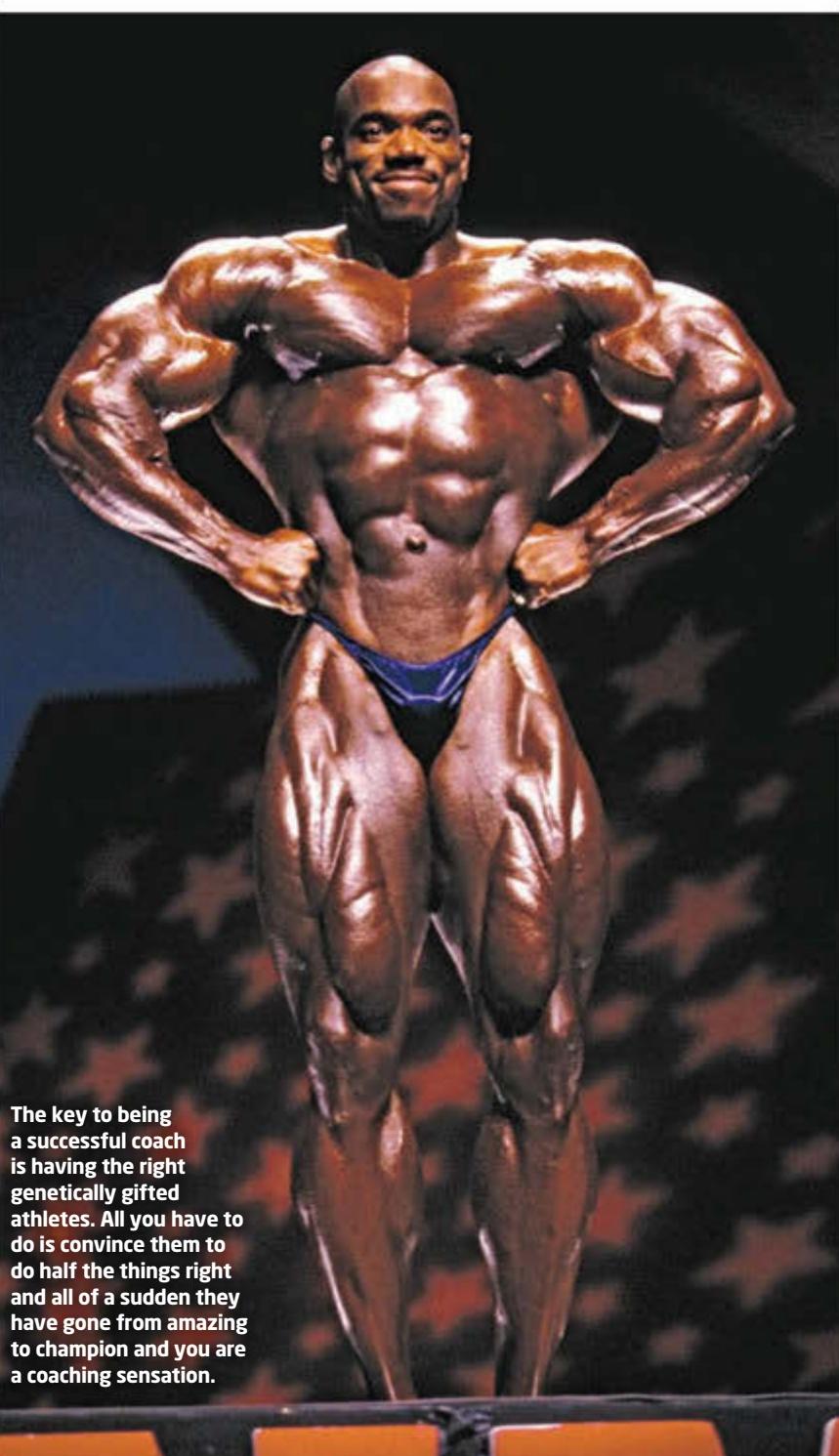
3. Recruitment. The key to being a successful coach is having the right athletes. Truly genetically gifted people are hard to find but keep your

eyes open – they are out there. The best ones look amazing despite having very little idea what they are doing; those are the people you should target. All you have to do is convince them to do half the things right and all of a sudden they have gone from amazing to champion and you are a coaching sensation. No one has to know you swapped one fast food meal per day with chicken and rice and encouraged them to finally start training legs; that wouldn't be a sexy story. The public must hear how you totally overhauled their lifestyle, took them under your wing and nurtured them into the overall champion who now reigns supreme.

4. Before and after pictures. This is easy – get some. Again, they don't have to be pictures of your clients. If people assume they are just because they are posted on your social media account, that's their issue.

5. Create the illusion that you are in demand. People want things they can't have. If you appear to be so busy, so overwhelmed with client requests, the natural assumption will be that you are good at what you do. Let people know that you may not be in the greatest shape yourself because you always put your clients first. Talk about how you are 'on the grind'. Talk about the stress of balancing your overwhelming work commitments with rest and your personal life, the implication being that work always has to come first, even to your detriment. Take quotes from successful, hardworking people and post them as statuses without giving credit. All these things will ensure the client requests keep rolling in.

Hopefully there is something here for all the aspiring gurus. We all know there are millions of people out there looking for the easy answers; it would be silly of you not to provide them – while making some easy money at the same time. ■



The key to being a successful coach is having the right genetically gifted athletes. All you have to do is convince them to do half the things right and all of a sudden they have gone from amazing to champion and you are a coaching sensation.



Scott Goble is an IFBB superheavyweight champion and personal trainer based in Melbourne. His sponsors include Max's, Sting Sports and Mass Nutrition.

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TAKE AIM FOR EXPLOSIVE GROWTH

The greatest HITs chest workout is a blast

By Roger Lockridge • Photography by Michael Neveux

Question. What are you doing on Monday? If you've lifted weights for more than a week in your life, you already know that answer because Monday is a holiday. It's International Chest Day, bro! For many muscleheads, Monday is our favorite day of the week. Let's do some of the best lifts for the pecs and blast them high-intensity-training style. That means one work set taken beyond failure per exercise. If it sounds good to you, grab your gym bag and let's 'HIT' it.

Incline barbell presses. Why start with inclines instead of flat-bench presses? First of all, if your gym is like mine, there's already a one-hour wait for the flat bench. Second, have you ever heard of a bodybuilder being criticised for having a thick upper chest? Me neither.

Do two warm-up sets, as you're just getting started. The first is

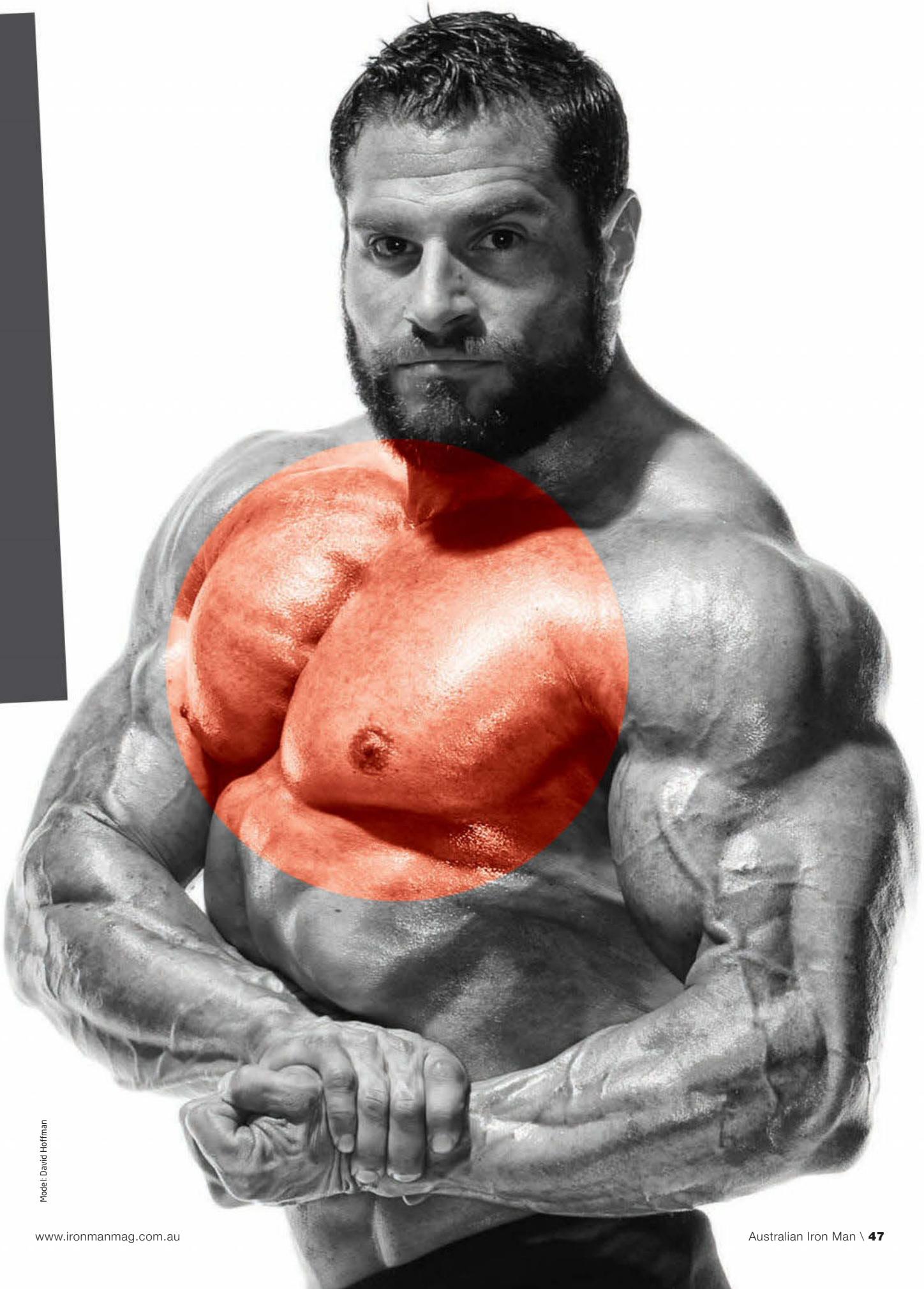
WHY START WITH INCLINES? HAVE YOU EVER HEARD OF A BODYBUILDER BEING CRITICISED FOR HAVING A THICK UPPER CHEST?

a light set of 20 reps followed by a second set with a little more weight for 12 to 15 reps. Rest for 90 seconds between sets. After your second warm-up set, load up the bar with some serious weight and get a spotter. Yes, you'll need the spotter, so make sure you have someone ready to help you out. You



Model: Ian Laurer





Model: David Hoffman

If you can handle your body weight easily, use chains, a dip belt with weight hanging from it or a weighted vest for extra resistance.



Model: Lee Apperson

Greatest-HITs chest blaster

Incline barbell presses

(warm-up)	2 x 15, 10
	1 x 6-8

Flat-bench dumbbell

flies (warm-up)	1 x 15
(spotter resistance*)	1 x 8-10

Weighted dips

(warm-up)	1 x 15
(drop set)	1 x 6-8 (failure)

Cable crossovers

(warm-up)	1 x 15
(rest/pause)	1 x 10-12
(rest/pause)	1 x failure

Push-ups

1 x failure

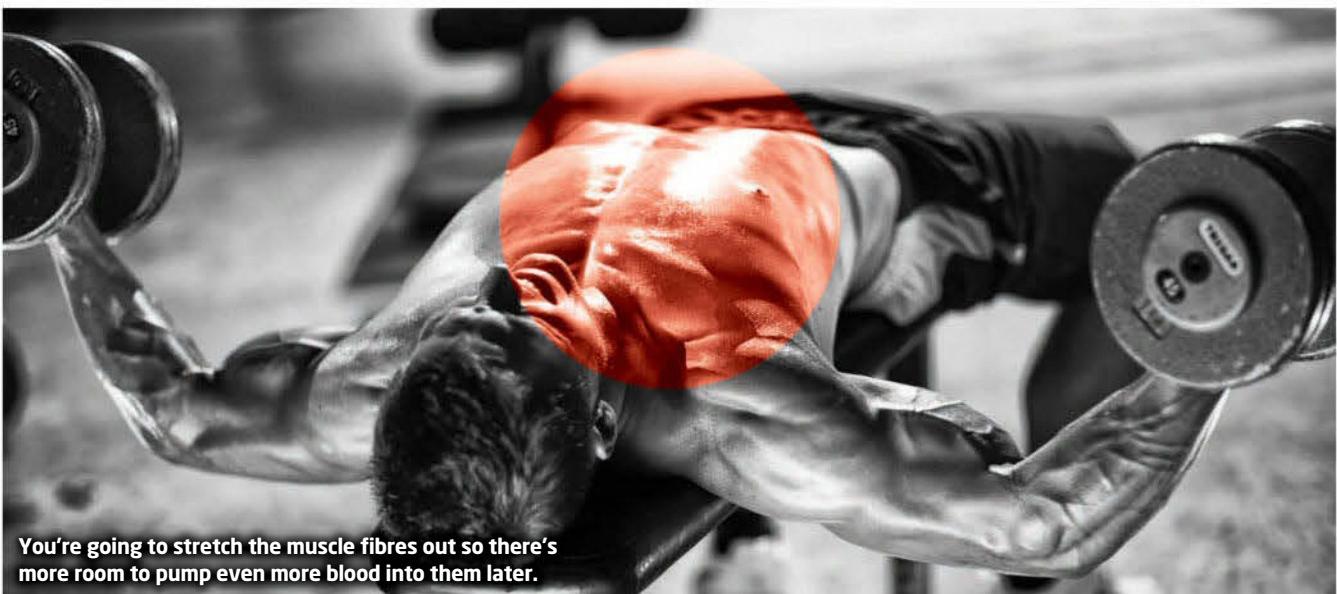
*On the lowering phase.

Note: Rest two minutes between sets.

should hit failure on your work set in the six-to-eight range.

Here's the catch. If you can complete the rep, you must attempt the next one. In other words, you lift until the spotter has to help you. After your first work set of the day, take a two-minute break.

Flat-bench dumbbell flies. Tell your spotter not to go far because you're going to need him or her again. Grab some moderate weights and warm up with a set of 15 reps to establish the mind/muscle connection and to feel the muscles working the way they should. You've already pumped blood into the pecs with the incline presses. Now you're going to stretch the muscle fibres out with flies so there's more room



Model: Stephen Cook

You're going to stretch the muscle fibres out so there's more room to pump even more blood into them later.

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DO A REST/PAUSE. WHEN YOU HIT FAILURE, COUNT TO 10, AND THEN RESUME YOUR SET, GOING TO FAILURE AGAIN.

to pump even more blood into them later. Rest two minutes while you stretch out your pecs.

OK, grab some heavy dumbbells, get that spotter, and get to lifting. Your weight should result in failure around the 10th rep. At that point the spotter puts pressure on your forearms while you're lowering the weight. Your job is to resist. That emphasis on the negative will make your chest even sorer than usual over the next couple of days, but the reward will be more size later. If you're not comfortable with spotter resistance — or you just don't have a spotter — use the Double-X Overload method through the entire set. That's 1 1/4 reps, with the quarter occurring at full stretch. Once you reach failure, rack the weights and stretch for a couple of minutes.

Weighted dips. One warm-up set of 15 with either your own body weight or on an assistant is all you need to establish your form. During your work set you do a drop set. If you can handle your body weight easily, use chains, a dip belt with weight hanging from it or a weighted vest for extra resistance. If you need to use an assistant for the work set, that's okay. Your goal is to improve, so do whatever you can.

Go for 12 reps with the extra resistance. Once you get to failure, drop some weight or add to the assistant so it's helping you, and keep going to failure. As with every other movement, take two minutes' rest between the sets.

Cable crossovers. Now you stretch out your chest again. Remember to squeeze for a count of two while bringing the handles together on these, and let the muscles stretch for a count of two when you bring them back up. One

Model: Kiyoshi Moody



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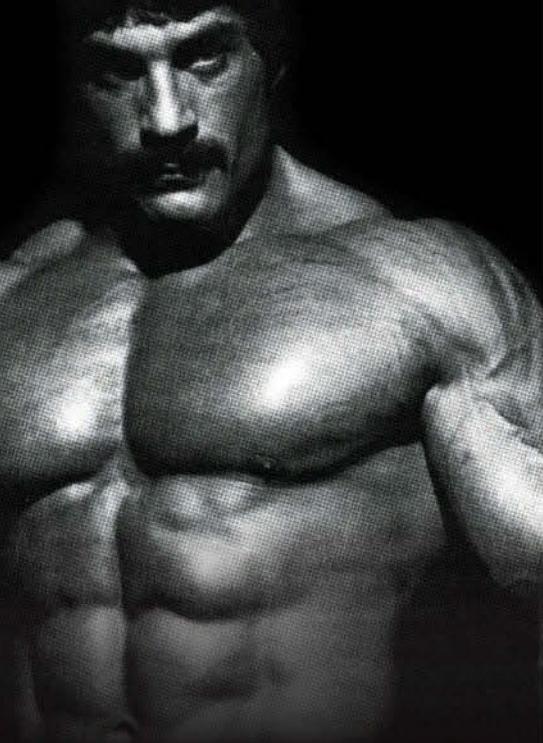


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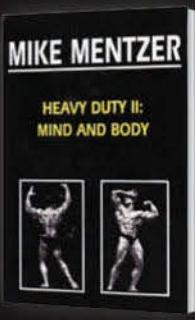
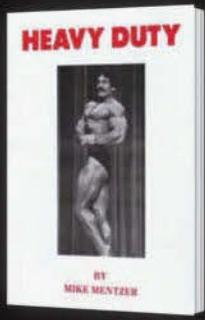

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TAKE AIM FOR EXPLOSIVE GROWTH



Model Ian Laurer

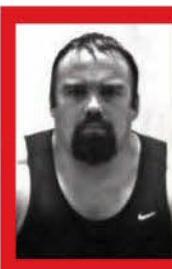
**REST TWO MINUTES,
AND THEN HIT
THE FLOOR AND
KNOCK OUT AS
MANY PUSH-UPS
AS YOU CAN.**

warm-up set of 15 followed by two minutes' rest, and then on the work set do a rest/pause. The goal is 10 to 12 reps before the rest/pause. When you hit failure, count to 10, and then resume your set, going to failure again. You're almost done.

Push-ups. No warm up here. After you finish the crossovers, rest two minutes, and then hit the floor and knock out as many push-ups as you

can. Whether it's 10, 20 or even more, go for it. You can put your feet up on a bench to make them harder if you like. Once you reach failure, remember that number because next Monday (or whenever your chest day is) your goal will be to do at least one more.

After eight weeks or so on this program, you should see some very noticeable gains in size, strength and endurance. ■



Roger Lockridge has been featured at Bodybuilding.com and written for Labrada Nutrition. He was named the 2009 Bodybuilding.com Male Writer of the Year. To contact him, send email to rock23@bodybuilders.com.

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Model: Todd Abrams

TF-LOSS STRATEGIES

Part 1: The high-fat-diet resurgence

By Joe Klemczewski, Ph.D. • Photography by Michael Neveux

If you've read much of my nutrition work over the years, you know I'm not a fan of ketogenic dieting, primarily because it's the most unsustainable method of weight loss and fails even worse when it comes to maintenance. It's the fastest way to lose body fat — no question about it. The price, however, is a reduced metabolism, less lean-body-mass retention and the repercussions from the lack of carbs in your diet. Most people end up bingeing and suffer the negative side effects mentioned, plus rapid fat gain.

When I see a recycled version of the high-fat, a.k.a. low-carb, concept, I think, "Here we go again. How many versions of low-carb diets can we endure?" Twenty-two-year-old health bloggers are currently stealing headlines and writing gotcha stories like they just found Bigfoot. "Ha! Burgers are good for you — you just have to avoid sugar! Egg white omelettes — done! — I want whole eggs...and extra cheese...so there!"

There are good applications for every type of eating — even high-fat diets — if you're willing to do the work consistently. We can all build a tool chest of options, and even I find that low-carb dieting can be the right tool for the job — rarely, but there



I'M NOT A FAN OF KETOGENIC DIETING, PRIMARILY BECAUSE IT'S THE MOST UNSUSTAINABLE METHOD OF WEIGHT LOSS AND FAILS EVEN WORSE WHEN IT COMES TO MAINTENANCE.

are instances. In this series I'm going to outline a brief survey of dieting options, starting with the latest round of high-fat plans.

I'm all for the draw of journalistic sensationalism, and I'm a natural contrarian, but I can't forget that real people with real health

concerns are willing to change everything about their nutrition habits based on their trust of an editorial. Tempered, complete discovery and reporting should rule the day. Check sources, do broader research, and review the credentials of writers.

Low-carb/high-fat dieting has been around for almost 75 years, and this won't be the last recycle. What started out as a mid-19th-century discovery that carbs create fat stores via insulin, morphed into trendy rapid-loss diets for suburban housewives. A marketing trend turned bacon, burger and butter into a billion-dollar profit from dieting men. Next came more sophisticated versions for yuppies — olive oil and avocado, please; of course, no bread. We even squeezed in a wave of novelty pet goats and miniature hen houses. Backyards became hobby farms for organic eggs and unpasteurised milk. Now the unsaturated preference of South Beach fans and the all-natural war cry of the granola crowd has once again been replaced with a rush to manly food. Grandpa ate bacon cheeseburgers and sausage gravy and lived to be 104, doggone it!

What happens when we roll with a fad and throw out what we already know? We may miss facts like the results of a study of more than 80,000 people that was reported in *The New England Journal of Medicine*: Replacing five per cent of saturated fat intake with unsaturated fat reduced heart disease risk by 42 per cent. Are you sure you want to add a lot of saturated fat back into your diet?

In the spirit of full disclosure, I will allow that if you eliminate all of the starch and sugar from your diet, eating more saturated fat won't have that devastating an effect — but *will* you eliminate all the starch and sugar from your diet? Consistently? All the time?

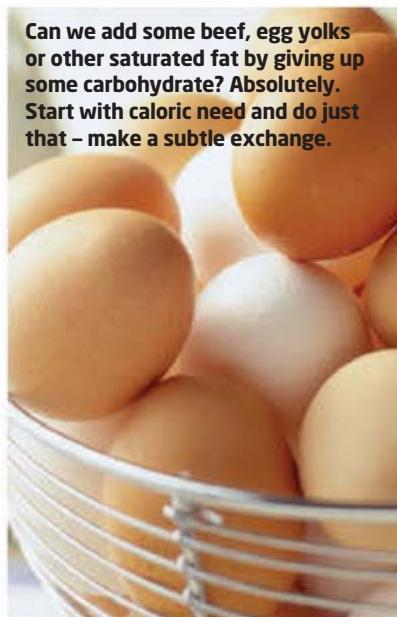
The allure of a low-carb diet is that you will lose weight quickly — initially. I get it. Your body uses stored carbs, and that causes a massive water release. A major national chain advertises a money-back guarantee if you don't lose five pounds the first week. Yay. I can beat that by four days if you're serious. Call me a perfectionist, but I think most people want to lose body fat, and they'd like to keep it off.

The good news is that once you've used all your body's stored carbs — which causes the mass water exodus — you're there! You're losing body fat! That first five pounds (2.27 kg) was barely eight cups of water, so hold off the celebration. You're now at the doorway of fat loss. How you got there and how you move forward



M.J. Adelmann

IF EATING A LOW-CARB DIET IS YOUR CHOICE, I STILL RECOMMEND PLANNING FOR SOME CARBS — IT'S BETTER TO DESIGN A COMPLETE STRATEGY SO YOU STAY ON TRACK FOR YOUR GOALS THAN INCUR TRAIN-WRECK BINGES THAT CAN DEVASTATE YOUR HEALTH.



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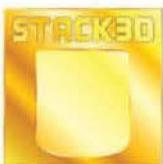
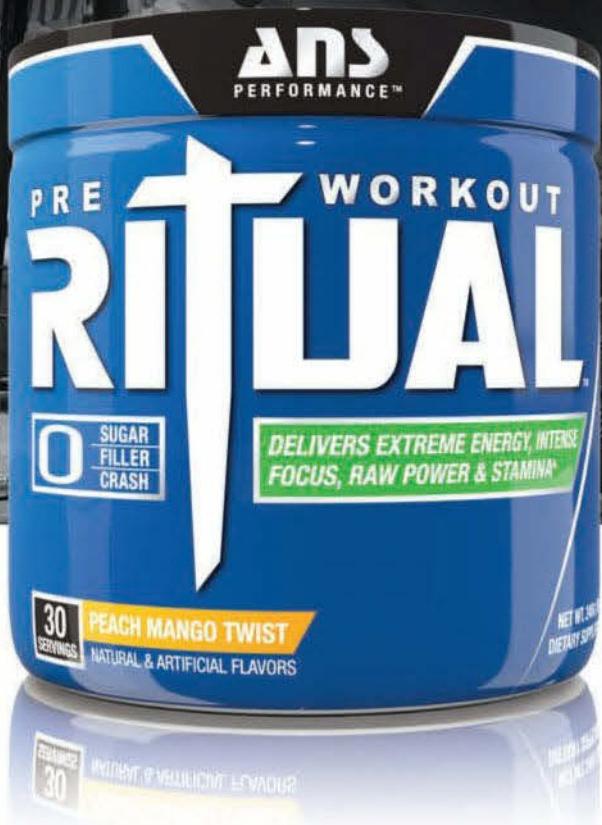
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matters. If you dove to that point of carb depletion in zero-carb fashion, your chances of crashing, bonking, bingeing or killing someone go through the roof. I don't recommend giving up carbs completely, even with a higher-fat diet. Did I mention lethargy and grouchiness? I'm not sure if any homicides have been proven as a result of carb restriction, but I have a feeling CSI should look into it.

If eating a low-carb diet is your choice, I still recommend planning for some carbs — it's better to design a complete strategy so you stay on track for your goals than incur train-wreck binges that can devastate your health as well.

Let's use an example of the current fat darling: coconut oil.

IF EATING A LOW-CARB DIET IS YOUR CHOICE, I STILL RECOMMEND PLANNING FOR SOME CARBS — IT'S BETTER TO DESIGN A COMPLETE STRATEGY SO YOU STAY ON TRACK FOR YOUR GOALS THAN INCUR TRAIN-WRECK BINGES THAT CAN DEVASTATE YOUR HEALTH AS WELL.

Many in the health community are hesitant to jump on the Gilligan's Island of coconut consumption because we're talking 12 grams of saturated fat out of 14 grams of total fat in one tablespoon; however, coconut oil is just one step out of the jungle as it is comprised primarily of medium-chain triglycerides instead of long-chain. Be forewarned, though: Partially hydrogenated coconut oil is not healthful — it's as dangerous as trans fat. When you're seeking coconut oil for its purported health value, you want virgin oil.



Model: Clark Bartram

One study compared two tablespoons of coconut oil to the equivalent in soybean oil. The soybean oil subjects saw a rise in LDL and a decrease in HDL markers — the opposite of a health improvement. The subjects who got coconut oil displayed only a slight change — a small improvement in HDL, the good cholesterol. So, there you go — there can be benefits to some saturated fats.

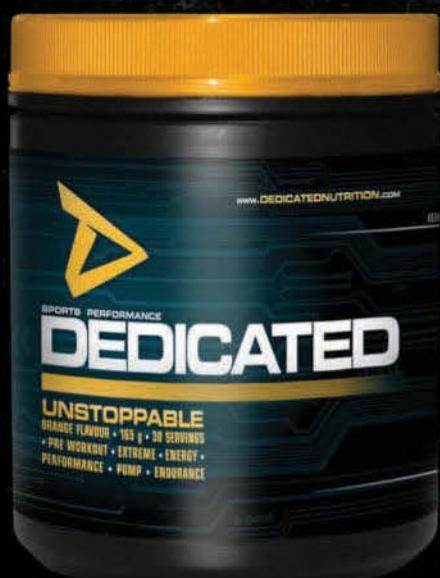
In a similar study that compared coconut oil to olive oil, subjects lost slightly more weight when getting the coconut



A marketing trend turned bacon, burger and butter into a billion-dollar profit from dieting men.



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oil, likely due to the more easily digested medium-chain triglyceride, even though olive oil is a monounsaturated fat with substantial health value.

Just because new research is showing that the simple moniker 'saturated fat' isn't an automatic link to a higher risk of heart disease doesn't mean that it's not still a large part of the equation. Two tablespoons of alcohol per day is shown to improve health, but not much more will damage health. Certain amounts of vitamins like C and E are shown to be preventative agents of cancer and heart disease, but megadoses increase risk. Low doses of calcium supplementation can increase bone mass and improve health; high levels can increase the risk of heart disease.

JUST BECAUSE NEW RESEARCH IS SHOWING THAT THE SIMPLE MONIKER 'SATURATED FAT' ISN'T AN AUTOMATIC LINK TO A HIGHER RISK OF HEART DISEASE DOESN'T MEAN THAT IT'S NOT STILL A LARGE PART OF THE EQUATION.

The use of coconut oil and other saturated fats should be viewed the same way. Is increasing fat moderately as a way of reducing processed carbs and sugar an improvement to the typical diet and therefore helpful in preventing diabetes? Yes, but does shoveling in 14 grams of extra fat consistently without overall dietary improvements create a healthier body? Not likely. You can make room in your diet for a little — and take the opportunity to evaluate coconut's role in our entire health schema. You can do that with any fat source. Look at the big picture. At least that's what the Professor would probably say to the Skipper.



The reflex to swing from one extreme to the other is understandable. We're desperate — I know. But let's start in the middle and take just one step toward this new fad. I mean old fad. I mean the fifth wave of the same fad. Can we add some beef, egg yolks or other saturated fat by giving up some carbohydrate? Absolutely. Start with caloric need and do just that — make a subtle exchange. If you want a higher-fat meal, make sure you trim carbs.

I'm not advocating *just* counting calories, but that is the first step. As you move up in detail with macronutrient percentages, food

sources, meal formatting and body-type considerations, there is plenty that can make your diet more effective or easier. Living a lean, healthful life *can* include enjoying the foods you like, as long as you understand the process. Knowledge — that is how you break the cycle of failure. ■

Joe Klemczewski, Ph.D., is a former World Cup bodybuilding champion who helps bodybuilders, figure competitors and weekend warriors achieve their best condition through his unique online Perfect Peaking program. To contact Dr. Joe write to dr.joe@thedietdoc.com.

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CHRIS JENKINS

Hard work pays off

Chris Jenkins, IFBB Super Heavyweight champion and the winner of the coveted 2014 IFBB Nationals Super Heavyweight title, is something of a phenomenon. He is not only talented as an IFBB competitor, priding himself on his condition as well as his sheer size, but also has a charismatic personality. Chris has crafted an exemplary career within the sport and has garnered an overwhelming number of fans throughout the course of his bodybuilding career. And he's only getting started.

By Vance Ang • Photography by Aria Pourbozorgi

Chris originally started weight training to improve his physique for aesthetic reasons. "I think I just wanted to look a bit better at the beach," he says. "Coming from a basketball background, I had been pretty competitive at that sport and I think every day at the gym, you train and you never look to beat anyone or compete against anyone, so [competitive] bodybuilding for me was the next step."

This realisation alone created an unexpected chapter in his life when this young man decided to make the transition from keen gym goer to amateur bodybuilder. A competitive person at heart, Chris poured all his efforts into this exciting but arduous pursuit and to further hone his skills, he sought out one of the greatest bodybuilders this country has ever produced, the late Luke Wood.

"Luke had a massive impact on me," Chris says. "I decided to do this comp

on a whim; I knew nothing about dieting... Six weeks out I contacted Luke and admitted I had no idea what I was doing and asked for his help. He took me under his wing. I won my first comp and we became great mates — he was like a big brother to me before he sadly passed away." That very first competition six years ago was in many ways the creation of a champion, the genesis of a successful competition streak that doesn't show any sign of slowing down.



Chris has one of the best midsections in the Australian iron game and on the competitive circuit he is known for his size, mass, definition, proportion and symmetry. His large muscle bellies are matched by his superior muscularity and stellar shape. Though known for his heavy lifts complemented by precision and perfect form, Chris is quick to point out that he is also driven by instinct.

"I train hard and train intense, but when I walk into the gym, I am playing everything by ear," Chris says. "If I am feeling strong, the reps will be a little bit lighter, the weights will be heavier; if I am not feeling as strong and am chasing a pump, I will do lighter weights with a lot more reps. I just do what I feel."

His approach to nutrition needs to be somewhat stricter, as he knows the real thing that separates champions from also-rans is your diet plan.

"No doubt it all comes down to nutrition," Chris says. "If you want to be a 110 kilo bodybuilder, then you have to eat like one; you can't build a house without bricks. It doesn't matter how many weights you lift or how many supplements you are taking, you have to eat properly."

Showing that history is our greatest teacher, Chris happily adheres to the basic bodybuilding eating plan of protein and carbohydrates. This includes ample servings of chicken, beef, rice, sweet potatoes and rice cakes. "I hear people say how boring bodybuilders meals can be, but with some creativity, such as adding some low fat barbecue sauce and herbs and spices, what's to say you can't make chicken and rice to be an amazing meal?"

"I TRAIN HARD AND TRAIN INTENSE, BUT WHEN I WALK INTO THE GYM, I AM PLAYING EVERYTHING BY EAR"

One of the reasons for Chris's popularity stems from his consistency. He seems to get better year after year, which is one of the rare traits that makes him a welcome presence for both judges and audiences. With a set of arms like giant pythons, a barrelled chest and equally massive tree trunk hamstrings, it would be an understatement to say that Chris brings the goods when he steps on stage. Coupled with his model looks, Chris is definitely one of the more eye-catching competitors on the circuit. It is that unique presence and style that caught the attention of Jill Taylor of Active Wear Online, distributors of the world's most popular bodybuilding labels Better Bodies and GASP. Impressed with his frequent wins and affable personality, Jill offered Chris sponsorship. "Jill is fantastic!" Chris says. "To be able to wear GASP and Better Bodies is amazing. To this day I am both thrilled and grateful for such an opportunity to work with such great people like Jill and Mark Taylor. Better Bodies and GASP have been around since the '80s; you can open up any bodybuilding mag and surely someone will be wearing either brand!"

Early on in his bodybuilding career, Chris made the decision to compete solely for the IFBB, citing not only its prestige and worldwide significance but also his own affinity for this influential federation. "For me, the IFBB is home," Chris says. "Growing up

**"IT DOESN'T
MATTER HOW
MANY WEIGHTS
YOU LIFT OR
HOW MANY
SUPPLEMENTS
YOU ARE TAKING,
YOU HAVE TO EAT
PROPERLY."**





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in Sydney, it's where [IFBB Australia presidents] Paul and Carole Graham are located, so it was a no-brainer to commence with the IFBB and continue to compete with them. I love being part of the IFBB family and I will always be loyal to them." His praise for this federation extends also to the master innovator himself, Tony Doherty, who has achieved well beyond what other promoters have done with this sport, not only as the Victorian IFBB president and Pro Director, but the man who will be bringing the inaugural Arnold Classic Australia to Melbourne in March. "Tony is incredible," Chris says. "Bringing the Arnold Classic to Australia is a major achievement. Arnold is really going to light up Melbourne; his presence alone is just awe inspiring. It is going to attract record numbers. Tony is really taking it to the next level."

Chris' own bodybuilding philosophy and strategic plan have taken him to the highest peak of the amateur IFBB spectrum, that of a Super Heavyweight competitor. To the uninitiated, these competitors are the veritable titans of the sport, boasting sheer size, mass muscularity, roadmap vascularity and perfect definition. Despite the pressure and demanding criteria associated with this division, Chris is nonplussed.

"I have seen a lot of guys come in big and full but they sacrifice condition," Chris says. "A lot of the Supers have a big back or big legs — just a big body part — but are really incomplete." With this critique, it should be noted that in his last two shows (both 2013 and 2014 IFBB National Championships) Chris came in shredded and hard, which he cites as being advantageous. "Coming in as sliced and diced as I did gave me the edge," he says. "Anyone can be a full 110 kg, but to be an absolute shredded 105 kg is a lot harder."

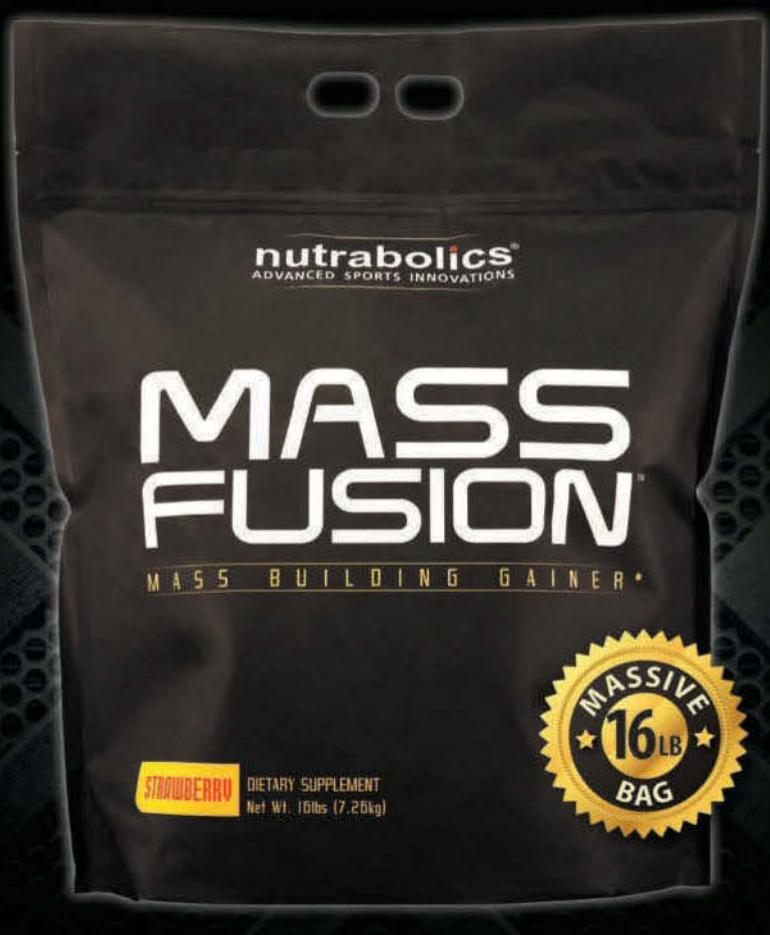
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"ANYONE CAN BE A FULL 110 KG, BUT TO BE AN ABSOLUTE SHREDDED 105 KG IS A LOT HARDER."



This was no more evident than in his win at the 2013 IFBB Nationals, where he won the Super Heavyweight title. Coming off an unplaced showing the year before, where he described his physique "full but soft", Chris's burning desire to improve culminated in an impressive win that was the result of a more concentrated work ethic and disciplined approach. "I trained to win, so getting that title from not even placing 12 months before was just the icing on the cake."

One year later Chris was to replicate this success, winning the title again in 2014 despite a bout of sickness and the creation of a routine at the last minute. "I wanted to do something classical like Shawn Ray in 1999 — he looked awesome," Chris says. "But when I stepped out on stage, I knew I had no idea what I was going to do! Luckily I knew the music and I just posed to the music and I won."

His ferocity on stage is well documented. Even the most casual of observers can see the intense focus on his face and the business-minded approach he takes to each comp — what Chris refers to as his 'game face'. This fearsome persona is also evident in his appearance in Miguel Valenzuela's highly popular *Train Like Hell* film. However, his onstage persona is just that: a persona. It is a performance that reflects his highly competitive and winning mentality, but it does not define the man himself. At FitX 2012, this journo had the pleasure of meeting Chris for the first time. He introduced himself by thrusting forward a large hand attached to a massive arm and greeted me with a big cheery grin. Meeting Chris is like being hit by a triple kick: you are struck by his impressive physique, overall presence and his friendly personality.

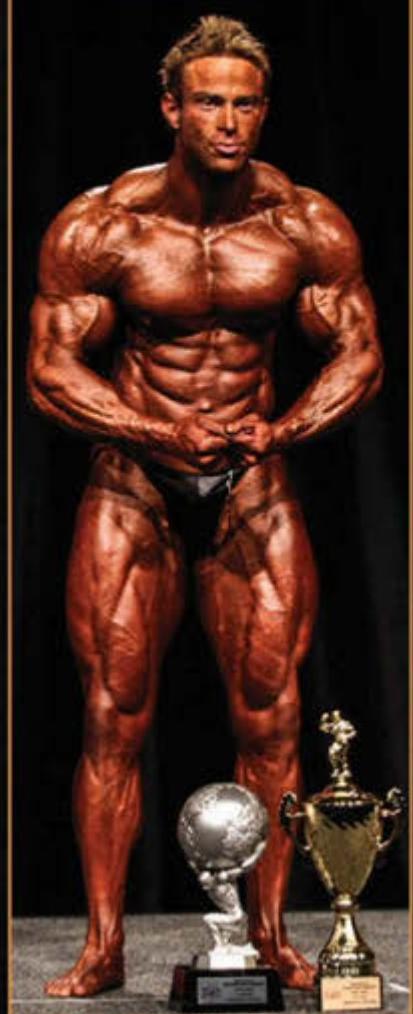
At the same event, Chris happily obliged the numerous fans lined up to meet and have their photo taken with him or simply just shake his hand and ask for advice. Though engaging and confident, it was later apparent

that Chris was very humbled by this experience. "Someone will come up to me and will ask for a photo with me or ask for my autograph or tell me they follow me on Facebook," he says. "I am just gobsmacked by that! I am just a dude that lifts weights in the gym and actually I think I am more excited about having a picture with them than they are about having a picture with me. I think that is what it's all about, inspiring people and making friends."

When he is not competing, training or working as a sought-after Sydney personal trainer, Chris enjoys simple pleasures. He likes socialising with friends over a nice meal, watching movies and adding to his already extensive Nike shoe collection. Within the next few years, Chris aims to acquire an IFBB pro card and compete as an elite bodybuilder internationally. Venturing into other media opportunities, Chris has recently been signed on by one of Australia's most well-known talent agents, who can no doubt capitalise on Chris' multi-layered skillset. He is without a doubt one of this country's most marketable bodybuilders.

A true bodybuilding purist at heart, the foundations of the sport itself are heavily applied to all other aspects of Chris' life, especially the principles of focus and discipline. "I'll be brutally honest, but to diet down and get into condition to the point of having shredded glutes, that stuff hurts," he says. "It takes pain and suffering, it takes hard work. If you can do that and be tired and hungry and still get up and go to the gym and do your cardio and not eat when you're hungry, you can do anything. Ultimately, it teaches you the appreciation of hard work, because you work so hard and you see the result." ■

You can contact Chris through facebook.com/chrisjenkinsbodybuilder or email him at chris.jenkins.fitness@gmail.com. His website is chrisjenkins.com.au.



Chris Jenkins' competition achievements

- 2009 IFBB Australasian Championships, Novice – 1st place
- 2010 IFBB All States Championships, Heavyweight – 1st place
- 2010 IFBB Saltwater Classic Invitational, Open – 1st place
- 2012 IFBB Australian Championships, Super Heavyweight – no place
- 2013 IFBB Australian Championships Super Heavyweight – 1st place
- 2014 IFBB Australian Championships Super Heavyweight – 1st place

A Bodybuilder Is Born:

POSTPART

Episode 53

With all due respect and apologies to the women reading this who have given birth, competing in a bodybuilding contest is a little like having a baby. Many weeks and months go into the preparation for and anticipation of the big day. Along the way you get plenty of discomfort, mood swings and cravings, along with the constant attention, comments and questions from everyone around you as to how it's going, how far out you are from the big day, and what your expectations are.

In the case of a mother and baby, once that little sucker is squeezed out, the great mission has been accomplished, and she is left alone to take care of her new bundle of joy. Regardless of how successful the delivery is and how perfectly cute and healthy the child may be, many new mothers slide into a very specific psychological state called postpartum depression. It doesn't

make any logical sense to the outside observer. Why the heck is this woman sad? She's been pregnant for nine months, dealing with morning sickness, fatigue, swollen ankles, weight gain and so on, and now the baby is finally born. Shouldn't she be jumping for joy between changing stinky nappies and giving Junior his or her bottle?

Likewise, preparing for a bodybuilding contest is gruelling. For months you diet strictly and deprive yourself of many of your favourite foods. Overall food intake, especially carbohydrates, needs to be lowered if you want to get shredded, and that will wreak havoc on your energy. An expectant mother watches her body swell as life blossoms inside her. A dieting bodybuilder sees his muscles appear to swell as fat melts away, revealing razor-sharp separations and striations. In both cases it's all part of an amazing process that those close to them marvel at.

To watch a woman gradually grow a new human being inside her body (especially when it's your own son or daughter) is a wonderful thing. Not nearly as significant of course, but equally fascinating to some, is watching someone's physique transform from soft and bulky to chiselled and hard.

Then the big day comes. The baby is born! There is celebration all around. The new mother takes her infant home and begins an entirely new chapter in her life. Friends and family visit, remarking on how cute the baby is and congratulating the parents on the adorable new addition to their family. "You must be so happy!" they exclaim. She nods and forces a smile, but inside she isn't feeling so spectacular. She knows she's supposed to be overjoyed, but somehow an overwhelming sadness is creeping over her.

What the heck is wrong with her? I can relate. Let me share a little tale of my own.

UM BLUES



Model: Todd Abrams

I trained for the '11 NPC Team Universe for nearly two years. I did that contest for the first time in September 2009, and the outcome was dismal — ninth out of 13 light heavyweights. At the judging, I stood wilting on the side of the stage while the better physiques were called out for the initial comparisons. Ninety-nine times out of 100, if you are not in the first group of competitors called out, you are not going to be in the top five. Knowing that you put in all that time and effort to get barely a look and not get the chance to do your posing routine at the finals is a dismal feeling. I vowed to come back two years later, move up a weight class and be in the top five.

AN EXPECTANT MOTHER WATCHES HER BODY SWELL AS LIFE BLOSSOMS INSIDE HER. A DIETING BODYBUILDER SEES HIS MUSCLES APPEAR TO SWELL AS FAT MELTS AWAY, REVEALING RAZOR-SHARP SEPARATIONS AND STRIATIONS.

Long story short, that's exactly what I did. Up from 197 lbs (89 kg) to a stage weight of 208 (94 kg), I was solidly in the heavyweight class along with eight others. The muscle had been hard fought, as I had turned 40 two days after the '09 Team U. Anyone my age who's been training for more than a quarter century knows that gaining any additional muscle is a monumental challenge. Even so, I did, and I put most of the new muscle exactly in the areas where I needed



Roland Balk

it: my arms and midback. I stayed leaner than ever in my off-season and took 20 weeks to come down very gradually from 232 (105) to 208 (94) in great shape. Looking at the other heavies, I saw that some definitely had me on this or that body part (okay, it was always arms), but competitive bodybuilding is a physique contest in which the best overall package wins.

The first two names head judge Jim Manion called out were mine and that of the man who had won the class the year before — and

would go on to win it again. I was pleasantly shocked, and in the video of the judging (find it on my YouTube channel, RonHarrisMuscle), I actually appear slightly dazed, with a goofy grin on my face, as I stride over to centre stage. My goal had been top five, and I finished second to a very deserving winner, who went on to do a much better job representing the United States at the IFBB World Championships in India a couple of months later than I would have. I had done exactly what I'd set out to



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accomplish nearly two years before, and many of the congratulations I received in person, online and via e-mail and text included the statement, "You must be so happy!"

The weird thing was, I was kind of sad. You know how they say, "It's all about the journey, not the destination"? Wow, is that true! Once the show was over and I didn't have to worry about eating exactly the right foods in the right amounts at the right times, I found myself missing what I had started to think of as a pain in the ass!

There is something about the structure and discipline of the contest diet that I have always relished. Don't get me wrong, I enjoyed my pizza and cheesecake once it was over, but part of me felt incredibly down about it too. That rigid structure of clean, perfectly portioned meals was gone. I had known exactly when I was eating and what I was eating every day for almost half a year. Now what? I felt lost.

Another way you can compare the postcontest experience to a woman's postpartum experience is the change in your body. When a woman is pregnant, even though she gains weight and typically feels fat and far from attractive, everyone around her swoons over how she 'glows'. After the baby is born, she's left with stretch marks, excess weight to lose and possibly a big C-section scar to deal with. After a contest, unless you have tremendous willpower and discipline, you watch all those magnificent cuts become blurrier by the week. Nobody

THAT ONE GLORIOUS MOMENT ON STAGE THAT YOU FOCUSED ON FOR MONTHS AND YEARS IN PREPARATION FOR IS OVER.

is coming up to you and asking about the contest you're getting ready for or about the details of your diet and cardio regimen. They may inquire about your next show, but even if you do know what that is, it seems like a million years away at that point. That one glorious moment on stage that you focused on for months or years in preparation for is over.

A new mother turns her focus on caring for her child. Fortunately for me, I had plenty of work and my family to take my thoughts away from the fact that the event that I eagerly looked forward to and put so much energy into for so long was now in the past. I'm not complaining — how could I? But for those who compete or who aspire to one day, you should know that you will go through a bit of a rough patch when the show is over and the new trophy is (you hope) up



Once the show was over and I didn't have to worry about eating exactly the right foods in the right amounts at the right times, I found myself missing what I had started to think of as a pain in the ass!

on your mantel. In the final weeks of your diet, when you're tired and grouchy, you won't be able to wait until the contest is over, but when it has come and gone, you'll wish, oddly, that it hadn't yet. ■

Ron Harris is the author of *Real Bodybuilding*, available at RonHarrisMuscle.com. Ron's Twitter and Instagram: @RonHarrisMuscle; his YouTube channel: Ron HarrisMuscle.

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WORK what your MAMA gave you

By Kortney Olson • Photography by T'challa Hawk

Hi, my name is Kortney Olson and I'm a recovering leg hater. However, today I can hand-on-heart say, "I love my thighs", but it took a long time to get here. Growing up with big legs sucked. Straight up. To this day, I still semi-cringe when I hear the words 'thunder thighs'. It wasn't until I hit 29 that I started to understand that I was born with something that every man envied: naturally dense, thick as a stump, python-crushing pillar-wheels.

It's a known fact that, genetically speaking, females are born with bigger lower halves. Thanks to evolution and the fact that we need bigger hips for childbearing, us chicks are more often than not carrying more mass downstairs than most males. The challenge with all of this is that mainstream media has most females brainwashed into thinking we need a thigh-gap in order to be desirable, successful and beautiful.

Well, I'm here to tell you it's a load of crap. After being in the bodybuilding world for several years, I started to discover more and more

that society, and men in general, truly appreciate female strength. Most men don't expect women to have sticks for legs. In fact, if I had a dollar for every time I got a free cab ride, got to cut to the front of a line, or was told how amazing my legs were by a male, I'd be buying Richard Branson off his own island.

Over the past several centuries (and even more so decades), the mainstream media has women being portrayed as the ideal standard of beauty if they have runway model legs. A majority of females have no idea how this affects us on a

subconscious level. The type of body that is portrayed in mainstream media fits less than five per cent of the average woman's body type.

It's imperative that females remind themselves (and one another) that they have the choice to buy into this façade of unachievable 'ideal beauty', or to become more realistic, and consciously decide that they're going to 'work what their mama gave 'em'. To choose to embrace the fact that women are designed to have bigger legs.

If women knew how hard men trained to have legs that are as thick

and dense like us, we all might wake up thinking how lucky we are. But the whole point of advertising is to sell us crap we don't need — and leave us wanting what we don't have.

When I'm not in the gym, I work with young females on healthy body image. The issues we're having as a society in western culture around the topic are considered a public health crisis. Often, it is the root problem that is causing girls to engage in more risky behaviour that leads down a path of derailment. Take this statistic for example: According to a study conducted in the US from 2011, 53 per cent of 13 year old girls are unhappy with their body. That number increases to 78 per cent by age 17.

One of my favourite activities is reminding young girls of what the ideal standard of beauty was several centuries ago. The best way of doing this is showing them paintings from the renowned artists of that era. One of my favourites is an oil painting from 1538, Titian's 'Venus Of Urbino' (see below). Historically, women were depicted as round and thick. Women's bodies are round, like all things powerful: the sun, the moon, the earth. When a woman goes out and wants to pick up, she goes out knowing. She goes out knowing that she'll get what she wants. Men, on the other hand, go out wanting, wishing, hoping, praying, wondering. Women ultimately have the power — we are the creators of life.

I often ask girls this: "What is the most powerful force in the world?" Do you need a few extra seconds? Mother Nature. Notice how it's not named Father Nature. If females

It took me until I was 29 to appreciate my 'thunder thighs'.



understood and embraced the fact that we are designed to be machines, we'd have a lot more productivity going on out there.

Just take for example our pain threshold. It's millennia beyond men. My husband catches the flu and wants to die. Women, on the other hand, push a small living person out of their vagina! Women inherently have no 'off switch'. When we went to battle, it was 'till the death. We generally only resorted to fighting to protect our most precious asset, our children. Men, on the other hand fought for chivalry. I remind girls that on a cellular level, every single female has an element of a warrior inside. If she taps into it and flips that switch, there is no stopping her.

Do you see where this is going? I'm not a feminist by any stretch, but

I am a massive advocate for gender equality [*I think that does make you a feminist, Kort. Nothing to be ashamed of — Ed*] as well as teaching females the truth behind the mass media and what its agenda is. If all brands started promoting strong and powerful female bodies as the 'ideal beauty', we would have way less of a challenge on our hands. But until such time, it's up to us as a collective to make a conscious decision to love what our mama gave us, and support the female body in such a way that promotes our inherent design: big, thick and powerful.

Finally, before wrapping up, can I please remind men that every day should be leg day. There is nothing more pathetic than a man who trains his upper body like a beast, but refuses to put in the extra hard work when it comes to developing legs to match. Yes, training legs can be brutal for most men, but it's an absolute must. Seeing a man who is a tank on top but a toothpick on the bottom is about as sad as North Korea's political system. It just isn't right. ■



Titian's 'Venus Of Urbino'. Historically, women were depicted as round and thick.

Kortney Olson is a certified personal trainer, Level 1 AWF (Australian Weightlifting Federation) Olympic lifting coach, bodybuilding competitor, NRL fitness consultant, Australia's first female arm-wrestling champion, the author of KBS11 and much more. She is also the founder of Kamp Konfidence, a prevention-based wellness camp for teenage girls. Find out more at konfidencebykortney.com and www.kbs11.com.



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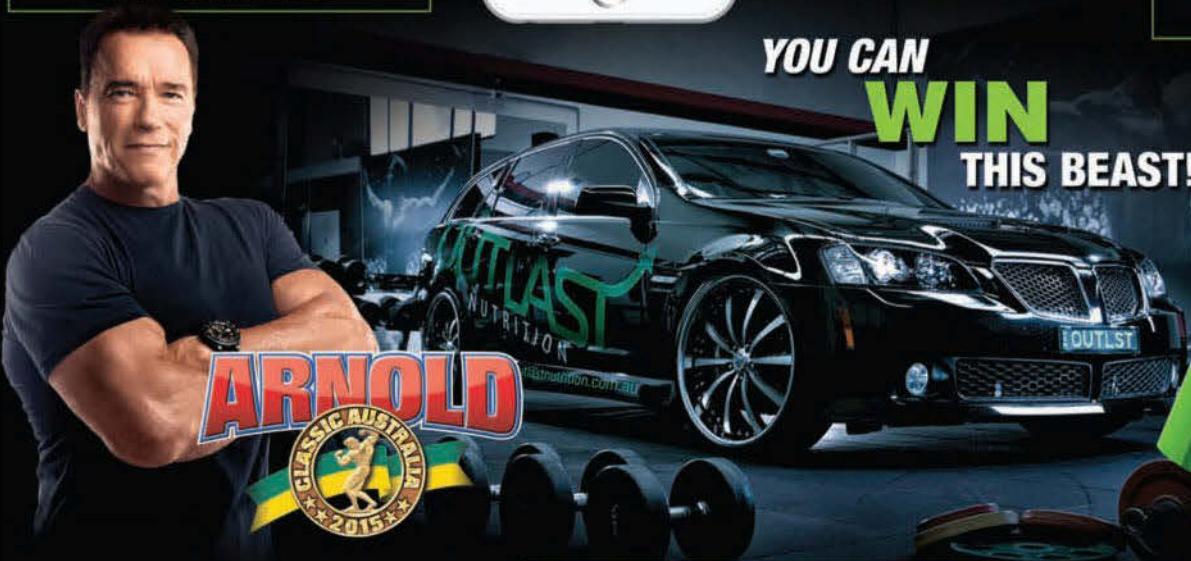
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Person behind the brand: Benn Godenzi

Hi, Benn. How are you? Thanks for chatting with Iron Man today. Before we get started, tell us a bit about yourself. How did you become involved in the bodybuilding industry in the first place?

Hey, guys, it's a pleasure to be here doing this interview, so thank you for having me. I was just another regular, skinny guy in the military until about five years ago. All my mates were big, strong and ripped while I was just a 62 kg whippet that could run all day – stepping in to a gym at that stage was a daunting thought. I had a goal to one day be the guy giving advice to people like the ones I was surrounded by, so I educated myself day in and day out on all aspects of training, nutrition and supplementing. When I finally took that first step, there was no stopping me and I opened up a whole new aspect of my life, knowing from that day this was the industry for me.

What can you tell us about the origins of Outlast Nutrition?

At the start of my journey I spent a lot of time and money in supplement stores asking for advice on what I should take to help me gain muscle and strength. With time I came to realise that a large percentage of supplements available in Australia today are made with cheap ingredients, proprietary blends and often contain far too many artificial ingredients and fillers that any health-conscious exerciser is best off avoiding. I decided to take control and start creating my own supplements, importing the raw ingredients and designing my own blends so that I would have tailor-made supplements that would do exactly what they were supposed to do.

My supplements were initially for personal use but as my body and strength improved, I began to get a lot of interest from friends and co-workers who wanted me to help them with not only their training and diet but also their supplement regime and this is where Outlast Nutrition was born. Today, Outlast Nutrition is the only supplement

company to hold the certification 'Australian Veteran Owned Business' – a fact I am extremely proud of.

On your website, you describe Outlast Nutrition as "an open source fitness community". Can you explain for our readers what that means?

We understand that there are new supplements arriving into the market every day and this can be overwhelming for both consumers and retailers. Outlast will be a one-stop brand for product knowledge, consumer and retailer support, which is just the start of Outlast becoming more than a brand. Our website is currently going through some major updates so we can build this interactive platform, which will also include blogs from all of our athletes, interactive forums, and we have huge plans for something really big in 2016. Until then, we ensure to be extremely interactive through various social media platforms and even have a private platinum members group for our top customers and most interactive fans, where they receive free training and nutrition advice, forming a like-minded community of fans and athletes.



Benn Godenzi in the office.

You are the world's first supplement brand to launch your own mobile app. What does becoming a member of Outlast Nutrition's mobile app get you?

Our mobile app is part of our starting platform for the international community we plan to build. We already provide unique features to both retailers and consumers. From the consumer standpoint, they can enter the biggest giveaways to ever hit the Australian supplement industry by simply registering their product code; this will give them one entry into the competitions. Consumers can also use our interactive 'Shake For A Shaker' function, where you can shake your phone in stores to instantly win an exclusive Outlast OutShaker. We capitalise on the use of our GPS tracking feature, allowing consumers to locate their nearest stockist of Outlast within 50 km of their location, and discover our online retailers also. From the retailer point of view, this allows them to be found in a simple manner, allowing them to help educate more people on the use of sports supplements.



Benn Godenzi in the gym.



Outlast Nutrition are giving away this supercharged Commodore SSV wagon as part of their Arnold Classic Australia campaign.

What sort of products does Outlast Nutrition specialise in?

We chose to invest in a premium range of products featuring only the best quality ingredients in amazing flavours that deliver results. This is the gap we saw in the market and offering the best possible quality and service is our number-one priority. We also are in the process of developing some unique innovative products including world-first releases that will leave a lasting impression on the health and fitness industry worldwide.

What does your company offer that others don't?

Products that yield results, that contain clinical dosages and a brand that never substitutes quality for price. And to prove just this, we are the only brand in Australia to provide a 110 per cent money back guarantee on all Outlast Nutrition products. Beyond our products, we offer full support and education to help support those who need training and nutrition advice, and of course allow access to the Outlast competitions.

Here's what one of our first retailers, Steve Merchant, had to say:

"Quality is not an accident, and these guys will Outlast the competition as quality will always Outlast hype."

Why do you think Outlast Nutrition has been so successful?

We believe in a risk-free relationship with both consumers and retailers, just as it should be. This has helped us generate honest and innovative relationships on all levels, allowing people to feel a part of the brand, not just buyers of the brand. It really is that simple.

Tell us about the huge giveaway you've put together for the Arnold Classic Australia. You have some huge prizes happening.

Our aim is to be the most interactive, innovative and exciting brand on the market. Before Outlast even started, I always knew that in such a tough industry you have to make an impact to stand out from the crowd. In doing so, we decided as a brand, you have to give back to all those that bought into your products. So we decided to give away a supercharged Commodore SSV wagon, a VIP holiday to the Arnold Classic and a 12-month supply of Outlast Nutrition supplements, making our giveaway the biggest ever in Australian supplement history. This is only our initial launch to the market, so expect to see even bigger competitions and giveaways in the future.

Do you have a favourite workout tip to share with readers?

Deadlifting. If I could only choose one exercise for the rest of my life, this is the one; get your technique perfect and go heavy.

Anything else you would like to add?

I've put everything I own into this brand and vision in order to fill a gap in the market and be a part of people's lives, not just a brand that just sits in your cupboard. I have to thank the Outlast Elite Team for all of their support through the ups and downs and supporting my vision no matter how tough things got while trying to launch. Since our relaunch in December, with a full new design and range of products, I have expanded the team to include our national sales manager David Williams and a general manager, Rhys Emmerson. These two guys are just as passionate about Outlast as I am and are 100 per cent dedicated to the vision of not only changing the industry within Australia but to become the first successful Aussie brand to make a huge impact on the international market with our quality, innovation and service. ■

For more information, visit www.outlastnutrition.com.au

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Rests between sets for max strength

By Charles Poliquin

Q: I need more strength, especially on the bench press. How long should I be resting between sets?

A: The length of your rest between sets affects several factors that are important in the adaptations brought on by your training. The rest interval accomplishes the following:

1. Regulates the partial, or nearly complete, restoration of the short-term energy substrates necessary for maximum performance.
2. Provides time for the metabolic waste accumulated in muscle tissue following intense muscular work to clear.
3. Gives the central nervous system time to recover.
4. Slows down the elevated metabolic rate and heart rate.
5. Affects which hormones are secreted as a result of the workout and to what

magnitude – hormones that will affect strength, fat loss and muscle gains.

Sports scientists recommend rest intervals of three to four minutes – and up to five minutes – for training with maximum loads: one-to-five-rep maximums at 85 to 100 per cent of max. That approach prevents early fatigue and enables you to make repeated efforts at high intensity. In fact, if you watch weightlifting competitions, often the coaches will repeatedly change a lifter's attempts to allow for more rest time, as the clock is stopped when the loaders change the weights.

A guiding principle in developing strength is that the rest interval should be long enough to permit the nervous system to recover almost completely but not so long that you lose what's called the post-tetanic potentiation

effect. That is the phenomenon by which your contraction-strength potential is increased for five to 10 minutes after a heavy set because of greater neural activation. The concept became popular in the English-language literature after I translated Dietmar Schmidbleicher's work from Germany in the early '80s.

The peak effect – that is, greater potentiation of the muscles involved in the movement – occurs about four minutes after a near-maximum contraction and gradually wanes so that it's gone by about the fifth minute. Consequently, when training for strength, you should rest about four minutes between sets of an exercise – that is, assuming we're talking about a compound exercise. For isolation exercises, three minutes of rest is normally enough. Also, an individual's maximum strength has an impact here. If you can curl 155 pounds (70 kg) for reps, you may need four minutes; if you curl only 75 pounds (34 kg) for reps, three minutes should be plenty.

With a properly designed strength session, you should become stronger on every set of an exercise – up to a point. That point occurs later for well-trained athletes. An intermediate trainee may reach it at four sets, while an Olympian may not reach it till the eighth. ■



With a properly designed strength session, you should become stronger on every set of an exercise.

Neyroux / Models: Bolo and David Young



Charles Poliquin is recognised as one of the world's most successful strength coaches, having coached Olympic medalists in 12 different sports, including the U.S. women's track-and-field team for the 2000 Olympics. He's spent years researching European journals and speaking with other coaches and scientists in his quest to optimise training methods.

Balls slip out. Tongues slip up. Some things you just want to forget...

Like coughing up the ball in the red zone – at home. Being tongue-tied when asking that girl to dance. But while a hit to the ego is temporary, victory is forever. Like streaking into the end zone as the clock runs out, or a smile and a softly whispered, "Yes." You'll always remember those moments, that indescribable feeling as the blood is pumping and the adrenaline jumping. Well, it's like that every time if you hit the iron right. Your body never forgets the "pump." To experience that unforgettable feeling, get in the game. From the first lift to the last rep, go big, live large and cast a big shadow.



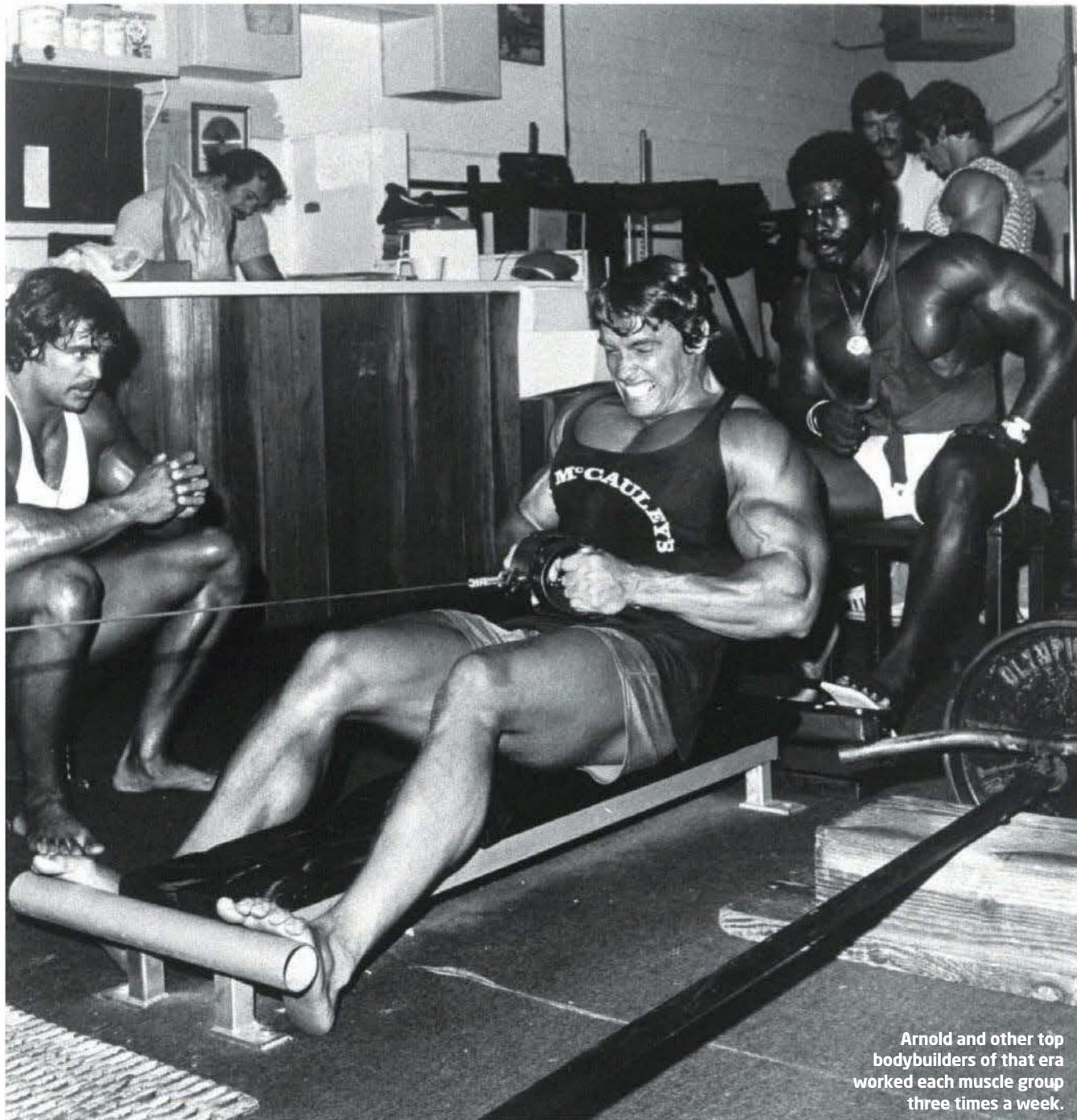
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Arnold and training duration

By John Hansen

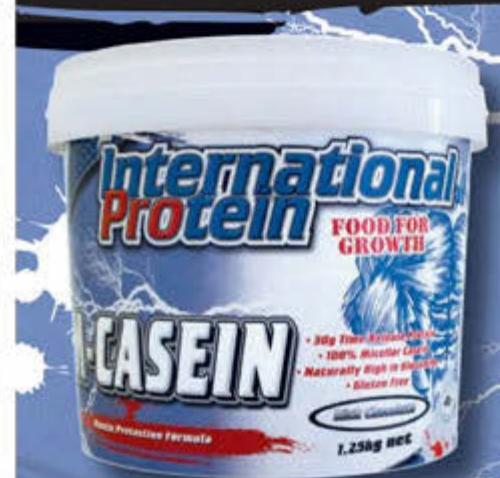


Arnold and other top bodybuilders of that era worked each muscle group three times a week.

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The idea of training for only 45 minutes per session came from a study that claimed that your testosterone would drop if you trained any longer than that.

Most of my workouts last approximately 90 minutes. If I train two or three muscle groups in one workout, that averages out to 30 to 45 minutes for each. Bigger muscle groups, like the legs, chest and back, take longer because I use more exercises and more sets to work them thoroughly. When I am training heavy, I like to take plenty of time between sets and not rush the workout. Again, it isn't a race to finish at a certain time. The main goal is to do enough during the workout to train your muscles. ■



John Hansen has won the Mr. Natural Olympia and is a two-time Natural Mr. Universe winner.

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Arcs, Angles Planes of

Find the proper groove for
each move to grow huge

By Greg Zulak Photography by Michael Neveux

I have been criticised on occasion for being too analytical about training. People say I nitpick about the fine details of exercise performance instead of emphasising heavy weights and maximum intensity — proper form be damned. I have to admit that some champion bodybuilders do seem to train in a very loose manner, without using great form.

I once watched Bertil Fox, a three-time Mr. Universe champion and one of the strongest bodybuilders ever, go through a workout at Brian Moss' Better Bodies Gym in New York. He cheated every rep of every set of every exercise. He even went only halfway down on standing calf raises, yet his calves were full and very muscular.

John Brown, a two-time Mr. Universe champion, was also very strong and used very heavy weights

with loose form. John was so strong, he could actually superset 500-pound (227 kg) bench presses for six reps, bouncing the bar off his chest, with 405-pound (184 kg) incline presses for six reps, bouncing the bar off his chest. Fox and Brown seemed to cheat everything, and yet who can say that it didn't work for them?

The argument that form is not important doesn't hold water, in my opinion, at least for most people. It's like saying that someone never studied yet got As in school. My response would be, if that person had studied, he or she would have gotten an A-plus in everything. Who knows if Fox and Brown might have developed even better physiques had they trained with better form? For most people, though, using stricter form works the muscle better and results in better muscle stimulation and innervation and a

better pump — hence, better results.

When I talk about the importance of exercise form, I'm not just warning against excessive cheating and using speed, momentum and inertia to help lift the weight. All those things reduce the productivity of your training and should be eliminated. It's about making your number-one goal to work a muscle as hard as possible during a set. As I have frequently pointed out, when most champion bodybuilders lift weights, they focus on working the muscle, not on lifting the weight, while most recreational bodybuilders try to use the heaviest weight they can and focus on lifting it, not working the muscle. The champs also know when and how to cheat to put extra stress on the working muscle, while wanna-be bodybuilders cheat because it's the only way they can move a weight.

and Motion



**THE ARGUMENT
THAT FORM IS NOT
IMPORTANT DOESN'T
HOLD WATER.**

Model Chris Saha



Model: James Ellis

INNERVATION IS THE KEY

What many do not realise is that while good form is important for isolating, stimulating and innervating a muscle, it does not guarantee that you'll work the muscle to the max if you use the wrong plane of motion or the wrong angle of attack. Nearly every exercise has an optimal plane of motion, arc or angle that is essential for maximum muscle stimulation and innervation — your ability to feel the sensations of ache, burn, fatigue and contractions in a muscle, as well a pump — and that works the muscle the hardest.

To train for innervation, says Canadian personal trainer Scott Abel, is to realise that it takes great concentration to work a muscle maximally, and that it takes as much mental energy and effort as physical energy and effort. Innervation asks a simple question: Do you feel the intended muscle working as you perform an exercise? That's the bottom line.

THE PLANE OF MOTION IS TILTED BACK ON BENCH PRESSES. THE BAR FINISHES OVER THE EYES ON EACH REP, NOT OVER THE CHEST.

THE ANGLE ON BENCH PRESSING

Many do not understand that most free-weight exercises are not straight up-and-down motions. As Arnold Schwarzenegger once said, "Motions means nothing." Many exercises you may have thought of as straight up-and-down motions should move on a tilted plane. You may not have given that concept much thought, but I can guarantee

you that it's essential if you are to work a muscle as hard as possible.

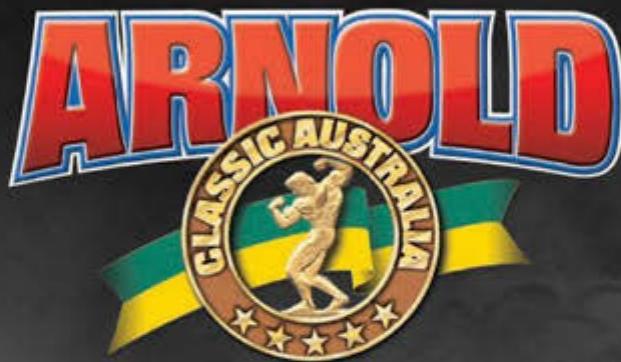
Take the bench press, for example. Just because you do not arch your back off the bench or bounce the bar off your chest and you do your reps slowly and strictly is no guarantee that you're working the pectoral muscles properly. It was John Parrillo who taught me that in order to work the pecs properly when benching, you must set your pectoral girdle before you begin a set by working and pushing your rear deltoids down and back toward your glutes and arch your sternum throughout the set. He showed me how to push the bar through at the top with the pecs and not the delts.

Parrillo also showed me that the plane of motion is tilted back on bench presses. The bar finishes over the eyes on each rep, not over the chest. Benching that way I was able to put the mechanical advantage on the pecs instead of pushing the bar to the top using the front delts and triceps.

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THE RIGHT MOTION FOR ROWS

Another exercise that should be done on a tilted plane is one-arm dumbbell rows. Rick Valente, in an interview we did back in the early '90s, said to row the dumbbell as if I was sawing wood. That's also the way Sergio Oliva did his one-arm rows when I went to Chicago in 1984 for three days to watch him train. It works the lower lats, while rowing straight up and down — the way most bodybuilders do one-arm rows — works mostly the top of the lats, the traps and the rhomboids.

I have found that doing the sawing wood movement and also rotating my hand 180 degrees at the bottom of the range of motion works the lower lats very hard. As you reach out at the bottom, the lat stretches, and then when you pull it in toward your lower abdomen at the top, it contracts.

Even bent-over barbell rows and reverse-grip barbell rows should be done on a slightly tilted plane. That helps to isolate and work the lats better. You lower the bar down and away from your body at the bottom of the range of motion. Don't start pulling up until you have finished going all the way down. Then pull the bar into your waist to make the lats contract — no dropping your chest to meet the bar, no heaving with your arms. If you have to do those things, the weight is too heavy. As Vinnie Comerfort once said to me, "There is a big difference between rowing properly with 225 pounds (102 kg) and snapping up 315 (143 kg)."

Rowing in such a fashion ensures a fuller range of motion, giving the lats more stretch at the bottom and a better contraction at the top. There is a general rule in bodybuilding that the harder a muscle is stretched at the bottom of an exercise, the harder it can contract at the top.

WIDE-GRIP CHINS AND PULLDOWNS REFINED

Wide-grip chins and wide-grip pulldowns are also best done on a tilted plane of motion, albeit a subtle one. You want to drop your shoulders down and back, and chin until your chest or chin hits the bar. A neat way to work lower lats when doing any kind of chin is, once you hit failure, lock your arms straight and try to touch your chest to the bar. You won't get that high, but raising your body with your arms locked that way works the lower lats, even on wide-grip chins.

Model: Bertil Fox

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BARBELLS - WEIGHT PLATES - DUMBBELLS - RACKS

On pulldowns you want to tilt your head back, drop the rear delts down and back, and pull the bar to your upper chest to contract the lats. A neat tip for giving the lats extra work on any kind of pulldown (triangle bar, narrow bar, wide bar or parallel-grip bar) is to change your grip so your hands are no more than six inches apart, palms forward, knuckles back. Shift your butt a bit off the seat, and then lock your arms and just rock back and forth. You will feel a strong pull on the lats and a burn too. These are burns for the lats. I just go until my fingers start slipping from the bar — which is usually 12 to 15 burns for me. You definitely work and innervate the lats better when you do burns.

MORE ROWS — LAT WORK ANGLES

If there is one exercise I frequently see bodybuilders doing wrong, it's seated cable rows. Many just row the handle back and forth in a one-foot range of motion. That's not the way the pros do it. The pros allow the weight to pull their upper body forward until it almost touches the thighs, but they keep the lower back arched and never round over. As they pull the bar into their abdomen, they arch their chest and drop the shoulders back to contract the lats.

A little tip for giving the lats extra work on seated cable rows: Once you hit failure, lock your arms straight and do burns. Lean forward as much as you can, and just rock back and forth. You will feel a strong pull and a burn in your lats. Just do as many as you can until your fingers start slipping from the bar.

ARCS FOR TRICEPS WORK

Close-grip bench presses, triceps dips between benches and narrow parallel-bar dips need a tilted plane. When I wrote Mohamed Makkawy's Variable Angle Training courses back in 1984, he told me to press the bar slightly toward the feet as it goes up (three or four inches is enough). That helps contract the triceps harder. On triceps dips between benches and narrow parallel-bar dips he said to press up and then lean back to contract the triceps harder. Mohamed had hams for triceps, so he knew what he was talking about.



Model: Dan Decker

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Even on pushdowns you should push the bar down and away at the bottom to contract the triceps harder. Tony Pearson told me about that trick. Always drape your thumbs and fingers over the bar and hold the bar in your palms so you are pushing it down. Or you can hold the bar in your palms, with your elbows flared to the sides, and push it straight down, rather than in an arc, as you would on regular pushdowns. Parrillo says that type of pushdown is best for triceps mass.

ON PULLDOWNS YOU WANT TO TILT YOUR HEAD BACK, DROP THE REAR DELTS DOWN AND BACK, AND PULL THE BAR TO YOUR UPPER CHEST TO CONTRACT THE LATS

There are several different variations of lying triceps extensions you can use to work the triceps better. You can lower the bar to your forehead in typical 'skull crusher' style, with your elbows pointing upward. The bar moves in a wide arc and is a better triceps shaper as far as bringing out the much desired horseshoe. Doing lying triceps extensions on a decline bench gives you a greater range of motion, and it's easier to keep your elbows pointing up. Or you can lower the bar to your neck, with your elbows splayed to the sides, and push it straight up, as if you were doing a close-grip bench press. Larry Scott did his triceps extensions that way and said that it was a better mass builder because he could use heavier weights. Larry could use 250 pounds (113 kg) for six reps like that.

STRAIGHT TALK ON A FEW MORE MOVES

Even on seated behind-the-neck presses you should not press the bar straight up and down but, rather, up and slightly back at the top. Parrillo taught me that; it involves the traps more and is what gives bodybuilders a thicker, fuller upper back. John says



to press your hips forward and push the weight slightly back as you lock out, without arching your back.

Sometimes things work the other way. Exercises you thought should be performed on a tilted plane are best done up and down. Wide-grip barbell rows, performed Vince Gironda-style, are best done in a pistonlike motion, with no shrugging of the traps, while 45 degree cable upright rows enable you to work both middle and rear delts at the same time, with some traps too. Stand back several feet from the weight stack so you can pull the handle up at a 45 degree angle.

On drag curls, for biceps, the barbell essentially moves straight up and down as you drag it up your body to a point below your lower pecs to make the biceps contract. Gironda was a big fan of those, and so is John Parrillo. He calls them 'peak' curls because they do increase peak. On barbell and dumbbell curls it's important to drop your shoulders down and back and arch your chest forward, keeping your elbows in at your sides, not letting them drift back, forward or away. You curl the bar smoothly in a wide arc using the power of the biceps, not shrug it up using the deltoids and traps.

Models: Rob Richey and Ryan Campbell



One exercise that can be wrecked when you use weights that are too heavy is dumbbell flyes. They are flyes, not presses. As Arnold always said, you want that 'hugging a tree' action. The dumbbells should go down and back and outside your shoulders. If you do these properly, you should feel a strong diagonal pull on your pecs. If you try to use dumbbells that are too heavy, you will end up doing a straight up-and-down motion — meaning dumbbell presses instead of flyes. Often bodybuilders using very heavy weights do only half reps. They never lower the dumbbells all the way down. That may be satisfying to the ego, but it doesn't work the pecs as effectively as doing full reps would.

THE RIGHT WAY TO WORK DELTS

Many trainees don't realise that they should be doing dumbbell laterals while leaning forward about 15 or 20 degrees. Scott, a master of laterals as well as preacher curls, said that if you cannot see your rear delts as you do laterals and

ON TRICEPS DIPS BETWEEN BENCHES AND NARROW PARALLEL-BAR DIPS MOHAMED SAID TO PRESS UP AND THEN LEAN BACK TO CONTRACT THE TRICEPS HARDER.

one-arm laterals, you are too upright. Everyone knows that the little fingers should be higher than the thumbs at the top in order to work the medial, or side, deltoids. If the thumbs are higher than the little fingers, you shift the stress to the stronger anterior, or front, delts.

A lot of trainees do a little twist of the hands to get that 'pouring Coke

bottles' action and get the little fingers higher than the thumbs, but Larry had an ingenious method of doing it: Just hold the dumbbells off-centre, with the little fingers and fleshy parts of the outsides of your hands pressed against the rear plates of the dumbbells. That makes the dumbbells tilt, and the little fingers will automatically be higher than the thumbs.

Scott had a way of doing dumbbell presses that put almost all of the stress on the medial deltoids as well. I call these 'Scott presses'. Lean into a dumbbell rack about 15 degrees while holding two moderately heavy dumbbells at your shoulders. Again, hold the weights off-centre so they tilt, angling down toward your head. The little fingers should point up, and the thumbs should point down. With this grip your elbows will point out to your sides. Pull them back in line with the shoulders, and start to press the dumbbells. Do not go up and down in a straight line as you would on regular dumbbell presses. They should travel up but inward above your



Model: Joel Thomas

head. Imagine a triangle formed by your shoulders and a spot a few inches above your head, and then press the dumbbells along that triangle. The dumbbells never touch your shoulders in the bottom position, and they are never locked out at the top. In fact, it's impossible to lock out with this grip. There is constant tension on the medial delts. Larry made sure that the dumbbells never stopped moving until the set was over.

EVEN ON SEATED BEHIND-THE-NECK PRESSES YOU SHOULD NOT PRESS THE BAR STRAIGHT UP AND DOWN BUT, RATHER, UP AND SLIGHTLY BACK.

Another middle-delt move that has a unique plane of motion is the W-press, an exercise most bodybuilders have never heard of. It was one of the 'secret' exercises performed by many of the champions who trained at Gironda's famous North Hollywood, California, gym back in the 1960s. I first learned about W-presses from an article in *Iron Man* that was published in the '70s and was written by Bob Greene, who trained at Vince's Gym. W-presses are unusual because you don't press the dumbbells straight up and down; you pull them upward in a large arc. You might say that W-presses are to the medial deltoids what dumbbell flies are to the pecs.



Models: Rob Riches and Ryan Campbell



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Here's how to do them. Hold two moderate dumbbells outside your shoulders with a curl grip — about what you use on dumbbell laterals or maybe five pounds more. Your palms should face your ears. Your arms should be forming a W — hence the name. Pull your elbows back in line with your shoulders. Then raise the dumbbells in a large, smooth arc until they meet overhead. Tilt your head back as the dumbbells come up. Pause to contract your medial deltoids, and lower back to the starting position. Because you're using your biceps, and not the triceps, to raise the dumbbells, W-presses are excellent for supersetting with dumbbell presses, Scott presses or seated behind-the-neck presses. W-presses will make your medial deltoids burn and pump.

THE ANGLE ON EFFICIENT TRAINING

I haven't the space to cover every exercise, but I hope I've made you think about aligning your body before you begin a set and about optimal planes of motions, arcs and angles. Remember, your ultimate goal is to work the muscle, not to see how much weight you can toss around. Do anything you can to make a muscle work harder, and you increase intensity, exercise effectiveness and growth. ■

Model: Toney Freeman

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PREVIEW

The inaugural Arnold Classic Australia is just around the corner, so we've put together another preview to make sure all our readers are across the events over the weekend of March 13–15. We've also included an official map of the expo venue, the Melbourne Convention and Exhibition Centre, and highlighted important activity areas, especially those relevant to *Iron Man* and bodybuilding fans.

Pro Show predictions

It remains to be seen who will take out the top spots at the Arnold Columbus — but it goes without saying that they will be the hot favourites coming into the Arnold Classic Australia. A few of the pros competing in Melbourne have won the equivalent show



Candice Keene will be looking to repeat her 2014 Arnold Classic win.

Silvio Morelli

in past years, when it was part of the FitX or IFBB Grand Prix, including three-time winner Dexter Jackson and 2012 winner Branch Warren. Last year's defending champ, Shawn Rhoden, is not scheduled to compete, leaving the field somewhat wide open. One of the favourites will be Cedric McMillan, who placed third at the pro show last year, with the absence of 2014 top-two Dennis Wolf (taking a year off to prepare for the Olympia) and Shawn Rhoden. Another one to watch out for is Roelly Winklaar, who was a favourite for last year's Arnold before a motorcycle accident forced him out of both the Columbus and Melbourne shows.

Of the Men's Pros invited to the Arnold Australia, 10 are also signed up to compete in Columbus, so we're going to see a world-class line-up no matter what. And this number doesn't account for the Antipodean athletes who will join the international pros at the Melbourne show. We'll get to see how our homegrown pros go up against the visitors and if they can make a big impression.

Similarly, both the Pro Figure and Pro Bikini shows are expected to bring multiple athletes over from Columbus. In Bikini, Ashley Kaltwasser and Janet Layug — top two at the Olympia — will be the ones to beat. In the Figure, 2014 Arnold winner Candice Keene — and two-time Australian Pro show champ — will be making a return as the hot favourite. Also making the journey are Ava Cowan and Candice Lewis, the latter of whom most recently took third at the Olympia. Cowan was third



Cedric McMillan will be at the Arnold Classic Australia.

Roland Balki

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Ticketing info

Tickets for the Arnold Classic Australia expo and related events are available from www.arnoldclassic.com.au/buy-tickets.

Expo times

— Melbourne Convention and
Exhibition Centre

Friday, 13 March, 2015

10 a.m. — 10 p.m.

Saturday, 14 March, 2015

10 a.m. — 5 p.m.

Sunday, 15 March, 2015

10 a.m. — 5 p.m.

at FitX last year and is no stranger to our shores. Camala Rodriguez-McClure will be looking to better her 2014 Arnold placing of third. Our own Amanda Doherty is the only Aussie Figure pro competing in both Columbus and then Melbourne a week later.

So, as you can tell, we're in for some great line-ups. Make sure to give your vocal support to all the local athletes competing against the top pros. Show them what Australian audiences are like.

Oksana to guest pose

There's no pro fitness division at the Arnold Classic Australia — at least not yet — but current Fitness International and Fitness Olympia champion Oksana Grishina will be guest posing during the pro finals on Saturday night. This is a performance you won't want to miss, so see if you can still get tickets at arnoldclassic.com.au.



Arnold billboards are out

Eagle-eyed Melburnians will already have noticed the Arnold Classic Australia billboards going up around Melbourne. This one on Punt Rd was up just in time for the hordes of people flooding to the Australian Open tennis and Asian Cup football tournaments to see the next big thing in Melbourne sports events. Get ready, Melbourne; it's about to get huge.



Powerlifting at the Arnold Aus

CAPO Powerlifting Australia will be running powerlifting events throughout the weekend in the expo grounds. Between Friday and Sunday, lifting will start at 10 am and run throughout the day. Some names familiar to bodybuilders, including Ange Galati and Nathan Rocks are scheduled to compete. Swing by the powerlifting area and check out some of Australia's best.



CHECK IT OUT: This is the medal that each competitor in bodybuilding and powerlifting will receive at the Arnold Classic Australia.

Stars at the SuperGym

Friday, 13 March, 2015

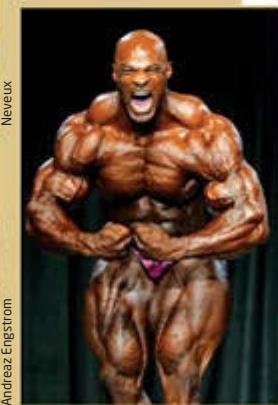
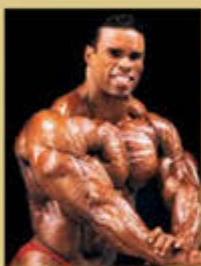
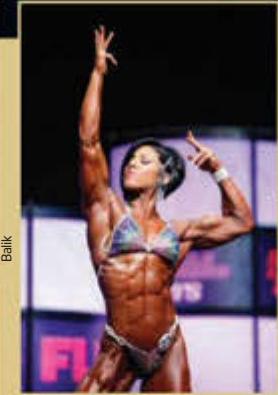
- 10.30 am:** Chris Cormier — Arms
- 12 pm:** Dana Linn Bailey Physique Champion seminar
- 1.30 pm:** Kevin Levrone seminar
- 3 pm:** Ronnie Coleman Mr. Olympia seminar
- 4.30 pm:** Charles Poliquin seminar
- 7 pm:** Pole Fitness

Sunday, 15 March, 2015

- 10 am:** Arnold Schwarzenegger seminar
- 11.30 am:** Chris Cormier — Back
- 1 pm:** Phil Heath Mr. Olympia seminar
- 2.30 pm:** Jay Cutler Mr. Olympia seminar
- 4 pm:** Max 'The Body' Philisaire seminar

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Cover model Colin Wayne with IM's own Linda.



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MILOS SARCEV

THE MIND OF BODYBUILDING

Milos Sarcev is known as ‘the Mind’ of bodybuilding. In this interview, Darren Burn picks the brain of one of the most thoughtful IFBB pros around to discuss training, coaching and the second Golden Era of the sport.

By Darren Burns • Photography by Alex Ardent

Darren Burns: I really appreciate you taking the time talk with Australian Iron Man. During your competitive bodybuilding career, which spanned more than a decade, you were one of only a few pro bodybuilders who competed frequently, often placing in the top five at the Grand Prix events. You also competed in the Olympia on seven occasions. For those who are maybe less familiar with you, would you mind providing a little bit of background?

Milos Sarcev: I gained an IFBB pro card in 1991 and competed for the first time on only 17 days notice at the 1991 IFBB San Jose Pro Invitational. I placed third on debut, behind the great Ron Love and Sonny Schmidt and managed to finish ahead of many great champions of that era including Albert Beckles, John Brown, Tim Belknap and Steve Brisbois.

In those days, placing in the top three meant that I qualified for the Mr. Olympia. This was a very difficult task to achieve back in the '90s, which many considered to be the Golden Era of IFBB professional bodybuilding. However, contrary to the majority of the pros who would compete to qualify for the Olympia and then take time to prepare for it, I was entering every single pro show for the first few years, and by the time I retired, I had competed in a total of 72 IFBB pro shows.

Back in those days, everyone was advising me to take some time off and to focus on the ‘off-season’, which was supposedly the time to eat big, train heavy and get big. This never made any sense to me, so I continued with my agenda. After a while, a few of the pros realised that I was making steady progress from show to show while continuing to always stay in shape

to do guest posing appearances, magazine photoshoots, etc. Then they started doing what they called the ‘Milos thing’ and many of the guys including Chris Cormier, Dexter Jackson and Vince Taylor started entering multiple shows each season.

DB: Can you recall what it was that first got you involved in bodybuilding?

MS: Like every boy from former Yugoslavia, I was always involved in sports and I learned to kick the ball and shoot a basketball before I learned to walk, so to speak. However, it was the martial arts that I found most interesting. I started karate when I was six and then practised judo when I was eight and continued to train until I was 17. I was an absolute Bruce Lee fanatic; I had all his books, videos, movies, etc. I was first introduced to weightlifting as a part of strength training for judo.



Alex Ardent

Of course, I immediately fell in love with the iron and started training up to four hours per day. Needless to say, I didn't improve due to overtraining, but the lack of results didn't discourage me. Instead, it made me start doing research as to why I wasn't progressing and I tried to learn everything that can be applied in bodybuilding.

I was fortunate to be a medical kid as both of my parents and my older sister were all medical professionals. My father, who was a doctor in the science of neuropsychiatry, influenced me the most and made me think. He always liked to quote Socrates and often told me: "I cannot teach you anything, but I sure hope I can make you think." When I explained to him what I had learnt from other bodybuilders and what exercise psychology had taught me about training, he started laughing. As far as bodybuilders go, he would say "monkey see, monkey do" or sometimes he would say "follow the blind". When I would tell him some of the concepts I'd learned from other bodybuilders, he would just ask me, "Does that makes any sense to you?" Then when I really thought about it, I realised that it didn't make any sense at all.

As far as pro bodybuilders who inspired me the most, I certainly would mention Frank Zane, Steve Reeves, Arnold Schwarzenegger, Serge Nubret and John Brown, who I was fortunate to watch perform in 1983 in Yugoslavia.

DB: You are also known as 'The Mind' for your many theories and techniques. What are some of the more effective methods that you use with your clients?

MS: I would like to ask the readers of *Iron Man* the same question I ask everyone before I start working with them: "Why are you going to the gym and why are you training in the first place?" They are often puzzled with that question so I have to add: "Are you training just to lift weights, accomplish your personal best, lift heavier, expend calories, sweat or to look good in front of the ladies? Or are you going to the gym for right reason, which is to maximally stimulate the maximal amount of muscle fibres?"

If we truly want to maximally stimulate the maximal amount of muscle fibres each time we train,



Alex Ardent

then how are we going to achieve that? With a conventional method of training? I don't think so. Now don't get me wrong, I am not saying anything bad about conventional methods of training. However, I am talking about maximal stimulation, not any other kind. To do this I train using giant sets, as I consider it being the most effective way to train if your goal is maximal hypertrophy.

When someone disagrees with me and tells me that whatever type of training is superior, whether it be HIT, heavy duty, super slow or anything else, I will tell them that I could perform HIT-style sets for the first two exercises in my giant set rotation, super slow in the third and fifth exercises or other training style in the other five-to-10 or as many exercises I chose for any giant sets rotation. I remember taping a segment for *The Fit Show* where Hide (Yamagishi), Silvio (Samuel), I believe it was also Johnnie Jackson there as well, and myself. We did 33 consecutive exercises for arms, back and forth, all non-stop. And when someone complained that this is just crazy, that it was too much, then I did all 33 in a row and then went back, in the same order I came from, finishing with 66 sets in total.

Accept no limitations as your only limitation. This is something I took from Bruce Lee and applied it to my training. As we all know, the body is designed to be controlled by the mind and most of the trainees fail mentally, not physically. Reaching failure in each of the exercises is exactly our goal. I don't ever focus on the number of repetitions in each segment or exercise, I just want to trash each and every possible muscle fibre of the muscle group I am targeting during the training.

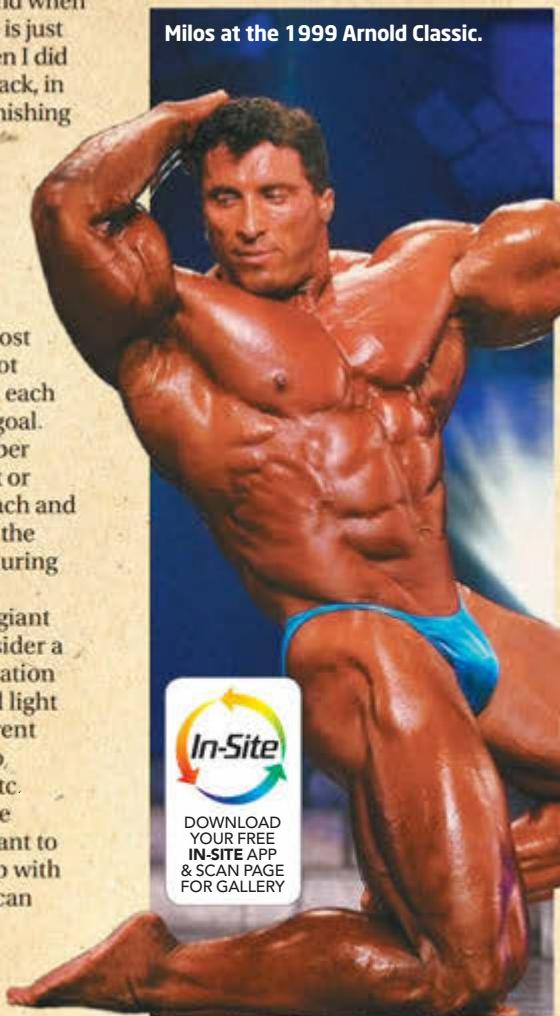
When someone designs a giant set rotation, they should consider a wide variety of muscle stimulation through heavy, moderate and light loads, different stances, different grips, range of motion, tempo, type of contractions, angles etc. The more creative you are, the better. Remember that you want to overwhelm that muscle group with everything possible that you can come up with.

The goal is to fail in each and every exercise, reaching momentary muscular failure

regardless of the amount of weight you are using. This will bring even more blood to the area and help reach all those muscle fibres that are usually not hit through conventional methods of training. If we don't shock the body, it will not have a reason to change; it is as simple as that. That is as much as I need to say about the hypertrophy benefits of my training principles. I might want to add, however, that this type of training certainly also burns body fat as well.

How and why? First, someone measures their RER (respiratory exchange ratio), which determines substrates of utilisation used during the physical activities. During this type of training method, you will realise that the primary fuel used will not exclusively be glucose but also fatty acids. The best way to understand this is to do a giant set workout yourself and you will soon realise what I am talking about. By the time you have finished your rotation, you will be gasping for air as though you have just gone for a run!

Milos at the 1999 Arnold Classic.



DB: What advice would you recommend for someone who is just starting out in the sport?

MS: Well, again I have to go back and ask everyone, even beginners: why are they even going to train? We already know the answer is to maximally stimulate the muscle fibres. So, certainly, when someone is starting out, just about any training routine will be efficient, as it will be a shock for the muscles. As long as they have the right nutrition and possibly supplementation, I am sure they will improve a lot. But still, some of us like to go all-out in everything we do and for those courageous ones that want to put their bodies to the test, then I suggest they try my giant sets of training as soon as they feel capable. They can start slow and then build it up. For example, I would progressively increase or decrease the difficulty, amount of exercises, load etc.

The body adapts to everything and this type of advanced training will make an advanced trainer out of a beginner in no time. The body will simply have to adapt to this type of crazy physical demand. I know that many will disagree with

Milos' 12-week plan

Weeks 1-4:

Five rotations for each muscle group with four exercises per rotation
In each rotation include one heavy duty exercise with maximal load

Weeks 5-8:

Four rotations for each muscle group with six exercises per rotation
In each rotation include two heavy duty exercise with maximal load and make the last exercise have a heavy isometric contraction only.

Weeks 9-12:

Five rotations for each muscle group with 6-8 exercises per rotation. In each rotation include two heavy duty exercise with maximal load and one super heavy eccentrics only.

me, but that is my honest opinion and I am speaking from more than 30 years of experience working with hundreds, if not thousands, of athletes throughout the years.

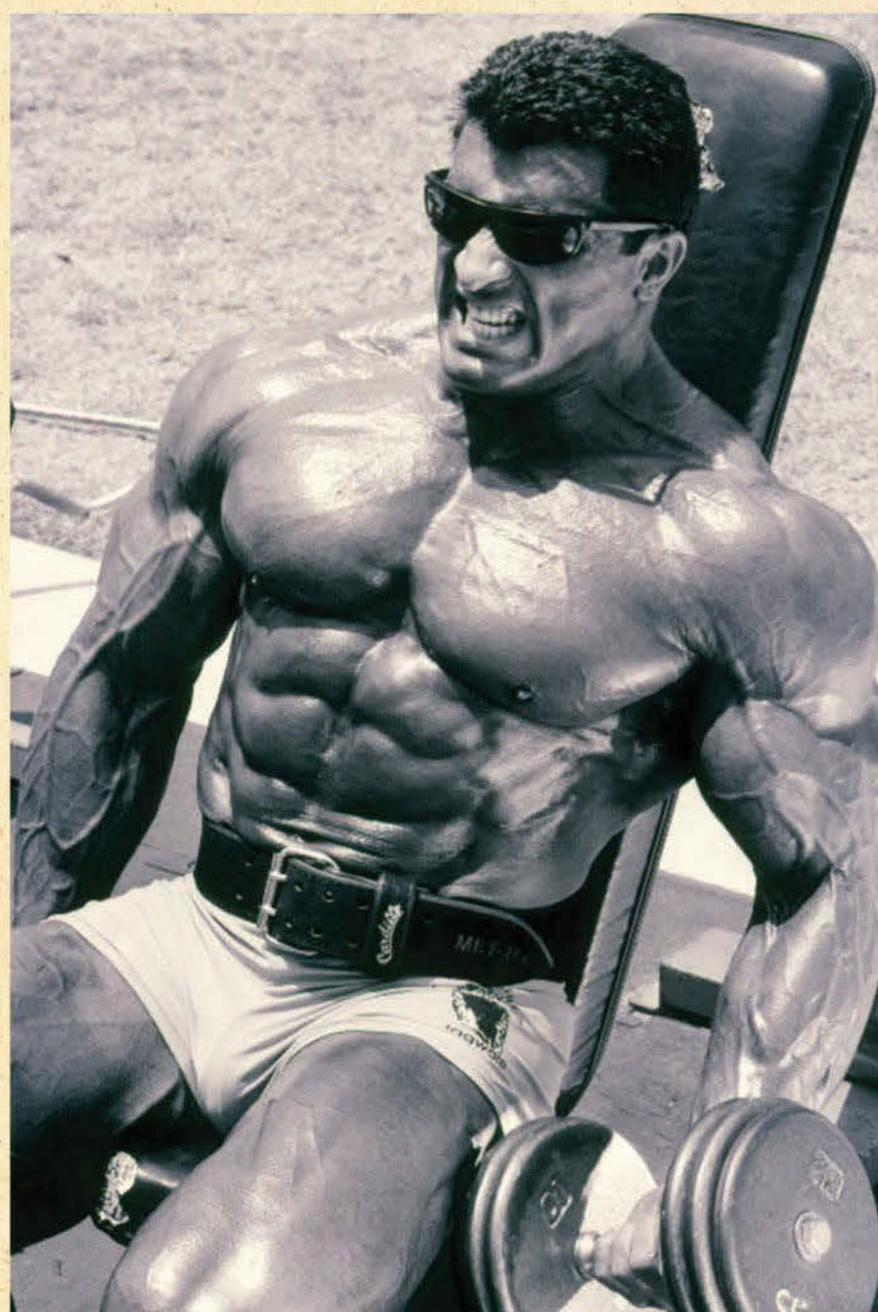
For the sake of making a simple 12-week periodisation program anyone to follow, see the table on page 107.

DB: You first started competing as a professional in 1991. What have been some of the biggest changes in the sport that you have seen during this time?

MS: Back in the '90s, there were so many great bodybuilders. Great physiques, aesthetic, symmetrical, conditioned, muscular and massive enough to make our sport attractive to watch. Also, back then, competitors paid much more attention to their stage presence and posing routines. Then came Dorian and everything changed. By no means would I even attempt

**BACK IN THE'90S,
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TO MAKE OUR
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TO WATCH.**

to put down Dorian in any way. He was a revolutionary bodybuilding champion who was certainly different and I very much respect him for his accomplishments and all the discipline, blood and guts, as he called it, to get him where he was as six-time Mr. Olympia during the most competitive era of the sport, in my opinion. But his shocking appearance at the 1993 Mr. Olympia, that mindboggling sheer size, probably confused the judges and made them forget what the true judging criteria in bodybuilding should have been.



Size and conditioning should never be enough to beat the near physical perfection of many other great competitors such as Flex Wheeler, Kevin Levrone, Shawn Ray, Lee Labrada, Ronnie Coleman, Sonny Schmidt, Francis Benfatto, Vince Taylor, Charles Clairmont, Lee Priest, Chris Cormier, Paul Dillet, etc. From that moment on and almost all the way up until just recently, the most important factor in judging was conditioned size. All other aspects of judging physiques and judging criteria were completely forgotten.

DB: Some say bodybuilding had moved forward and that the guys competing today are better than those of 10-20 years ago. Others, however, tend to disagree and say that it has gone in the opposite direction. What is your view?

MS: Every era is filled with great champions. In the '70s we had Arnold, Zane, Sergio, Platz, Lou, Robinson, Mentzer, Nubret, Coe. The '80s had Lee Haney, Bob Paris, Christian, Beckles, Berry De May, Samir, Gaspari, Labrada, Strydom, Fox. The '90s I have already

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mentioned and in 2000 there were Ronnie, Jay, Dexter, Gustavo, Victor, Dennis James, Tony, Johnnie and Branch. Now there is Phil, Kai, Dennis, Shawn, Ramy, Cedric, and I am sorry if I am forgetting to mention other greats. Who is really to say which era was better and whether or not bodybuilding is moving forward or backwards?

Back in the '90s there was talk that Arnold at his best would not be competitive with today's bodybuilders and that his legs were just not up to par. I believe that if Arnold had a reason to build bigger legs then he would have done it in no time. Simply, when he competed he was superior and he didn't find it necessary to make additional improvements. In the '80s there were just so many great guys and the criteria was spot-on. If I could choose a period in time that I enjoyed the most then it would have been the '80s and early '90s, that's for sure.

DB: Some people say that your classical proportions and physique has inspired them to train. I am wondering, who were some of the people who inspired or influenced you during your career?

MS: It is great to hear something like that and I am beyond pleased to know that I inspired someone; it makes my effort that much more worth it. Inspiring, encouraging, teaching, motivating and helping is what life should be all about. It makes me proud to hear some of the great champions, or just international competitors from all around the world, say that I inspired them to train, compete and follow their dreams.

If I would have to single out one person then it would certainly be Frank Zane. But I would feel that I am not giving credit where credit is due if I didn't mention Bruce Lee, for being such an exceptional athlete, martial artist, philosopher and human being. Bruce was accepting no limitations as his only limitations and having no style as his only style. Like him, I also "observed everything, accepted what I found useful, discarded what I found useless and then created my own". Last, but not least, the person who certainly influenced me the most and made me who I am today is my father, Andjelko Sarcev, the greatest man I have ever known.



nutritional and supplementation system, which I consider to be by far the most effective training system for maximal hypertrophy. Due to the extreme popularity of these camps among hardcore athletes and other coaches — and especially due to phenomenal results attendants were getting — I have been successfully organising these camps all over the world. This is going to be only the second time I am doing it in Australia.

Camps are scheduled in Sydney, Gold Coast, Melbourne, Karratha and Perth from February 30 until March 29, 2015. What can I tell people they should expect from these camps? Well, I promise to open everyone's eyes and minds to a different way of training and dieting with crystal clear and most logical explanations why my methods are superior. Certainly this claim might sound quite arrogant but I am confident enough that I am going to prove what I am talking about even to the biggest sceptics. All I ask for is the opportunity to talk and demonstrate in the gym what my system is all about. For more information please check milossarcevmusclecamp.com.

DB: Milos, it's been great to catch up and talk about your career, training philosophies and thoughts on bodybuilding in general. Very excited about your return this year to share your knowledge and we very much look forward to covering one of these camps for the readers. Thanks very much for your time. It's greatly appreciated.

MS: Thank you for the opportunity. I very much appreciate it and I hope that some of my information can make a few of your readers think. That's all I can hope for. I don't expect anyone to ever take my advice without thinking. But, if they consider everything that I said here and it makes perfect sense for them, then I sure hope they will at least try it for themselves and see if it works. I promise they will not regret it. ■

For more information about Milos' Muscle Camp or to purchase tickets to one of his events, please visit milossarcevmusclecamp.com.

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ANABOLIC ACCELERATION

4X Mass-Building Success

By Steve Holman and Jonathan Lawson
Photography by Michael Neveux

Q: I love the 4X mass method. I've been using it for a month, and I feel and look bigger and better. My question is, when I start a 4X sequence, what do I do if the weight is way too light on the first set? Should I just do 10 and then add weight for my next three sets? I don't want to waste that first set.

A: You can do that. Or there are a few other options we like. First, an overview of the 4X method for those not familiar.

To perform a 4X sequence, you start with a weight that you can get 15 reps with but do only 10. Rest 35 seconds, and then do 10 more — and so on for four sets. Go all out on your last set. If you can get 10 reps, add weight to the exercise at your next workout.

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Model: Adrian Tan





What if you misjudge your 15-rep max and it's more like your 20RM? Here are some choices:

1) Keep going and do 10 on that first set, but pretend it's a lighter warm-up set; afterward add weight and do your 4X sequence. So that's five sets total.

2) Do 12 — or if it's really light, 15. Then continue with three more sets of that *same* number of reps with the *same* weight — 4x12 or 4x15. Using a different rep range will be good for growth.

3) Make that first set X-centric — lifting in one second and lowering in six on every rep.

We really like item 3 because muscle-building expert and Olympic coach Charles Poliquin says that using different rep tempos is one of the forgotten secrets of building mass.

By lifting in one second and lowering in six, you extend the tension time of that first set to almost a full minute. So with an initial X-centric set you get a unique form of muscle stress and enhanced blood flow with a longer tension time. That can increase fibre activation in the three normal-speed sets that follow.

Q: Do you two have a favourite workout for when you're just not in

the mood for your full Positions-of-Flexion routines?

A: We have a few good ones. Often we'll take the exercise that we can 'feel' the best in our target muscle group and do one of the following:

1) Super TORQ. That's the name we gave to Mr. America Doug Brignole's high-rep/low-rep mass method. He does only one 'best' exercise for each muscle.

Brignole's reps for each exercise look like this: 50, 40, 30, 20, 10(9) (9). He does 50 reps, rests about a minute, adds weight and then does 40 reps. He rests for another minute, adds weight and does 30 reps, and so on down to 10.

The last set turns into a double-drop (or triple-drop) set, as he reduces the weight two or three times, repping out on each drop. (Brignole's 'best exercise' for each muscle plus complete workouts are included in the interview with him that appears in *The Power-Density Mass Workout 2.0*, an e-book available at X-Workouts.com.)

2) Double drops. To perform these, you take Doug's last set above and do it for three 'rounds'. For example, say you're doing pulldowns. Pick a weight with

THE DOUBLE-DROP METHOD IS A SPECTACULAR MASS BUILDER BECAUSE YOU CRAM A LOT OF WORK INTO A SHORT AMOUNT OF TIME.

which you can get 10 reps. Go to failure, then reduce the weight and immediately rep out again, shooting for seven. Reduce the weight again, and immediately rep out, shooting for five or six. That's one round. Rest for about a minute, then hit it again for round two.

You may have to start with a lighter weight on each round. That will depend on your strength and fatigue tolerance.

The double-drop method is a spectacular mass builder because you cram a lot of work into a short amount of time. If you do three rounds of double drops, that's nine sets; and it takes you less than 10 minutes. ■

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Getting a flat midsection

By Ben White

Q: How can I get a flat stomach without exercising?

A: It is impossible to get a flat, toned stomach without having a low body fat percentage. In other words, doing 1,000 crunches and leg raises won't give you ripped abs if you are 30, 20 or even 10 pounds overweight [*That's 14, 9 and 4.5 kilos to us – Ed*]. People with toned abs are lean to begin with.

You see the skinny guys who have a six-pack? That doesn't come from exercise. It's because they have no fat to cover up their abdominal muscles.

So you can do ab exercises to increase the size and strength of your midsection muscles (as well as increase torso stability and strength), but if you want anyone to see them, you will have to drop enough body fat to make them visible. That obviously entails a reduced-calorie, 'clean' diet, so you should start with the next question below to figure out how to eat to get lean.

Q: How important is it to chart my food intake when I'm trying to lose weight?

A: By tracking your food intake – as well as your protein, carb, fat and calorie counts – you become more aware of what you're putting in your mouth. You'll learn very quickly if you're taking in far too many or too few calories, which will help you immensely with your weight-loss program. So, yes, it is very important.

When I work with new clients, the first thing I ask them is to chart their diet over the next three days, not leaving out anything. (The toughest thing is to be brutally honest with yourself, but if you don't, you're only wasting your time!) From a quick glance at that I can discern numerous things about what they are doing right and wrong and develop an

Photo courtesy MHP

It is impossible to get a flat, toned stomach without having a low body fat per centage.



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Neveux \ Model: Ting Wang

Despite what many trainers may tell you, cardio alone will not give you a tight, firm butt.



The key to really toning up your butt is to target the gluteus maximus.

Neveux \ Model: Marissa Riveo

eating plan. Hell, you can do it yourself and clean up your diet almost instantly!

Q: There's so much focus on the butt these days. What's the best way to tighten my glutes? Do I do cardio or weights to get a lean, firm butt?

A: Despite what many trainers may tell you, cardio alone will not give you a tight, firm butt. It's clearly important to perform cardiovascular exercise to burn calories and trim fat, and, obviously, following a healthful diet is important. You can't have saddlebags or droopy glutes and expect to run or step your way to a round, firm derriere. So the combination of cardiovascular exercise is only one part of the equation.

The key to really toning up your butt is to target the muscle that makes up that area of your body, the gluteus maximus. The powerful glutes are responsible for hip extension – straightening the hips from a bent position. So when you

bend over, they help lift you into a fully erect position.

Likewise, if you're standing with one leg forward, and you swing it back behind the other one, that is a glute exercise (you will instantly feel your butt muscles tighten). So performing such exercises – including cable leg kickbacks, barbell squats and forward hip thrusts done while lying on your back – will create firm, muscular glutes. Do a few sets of these at least one day a week, and you'll develop that lean, toned butt you seek. ■



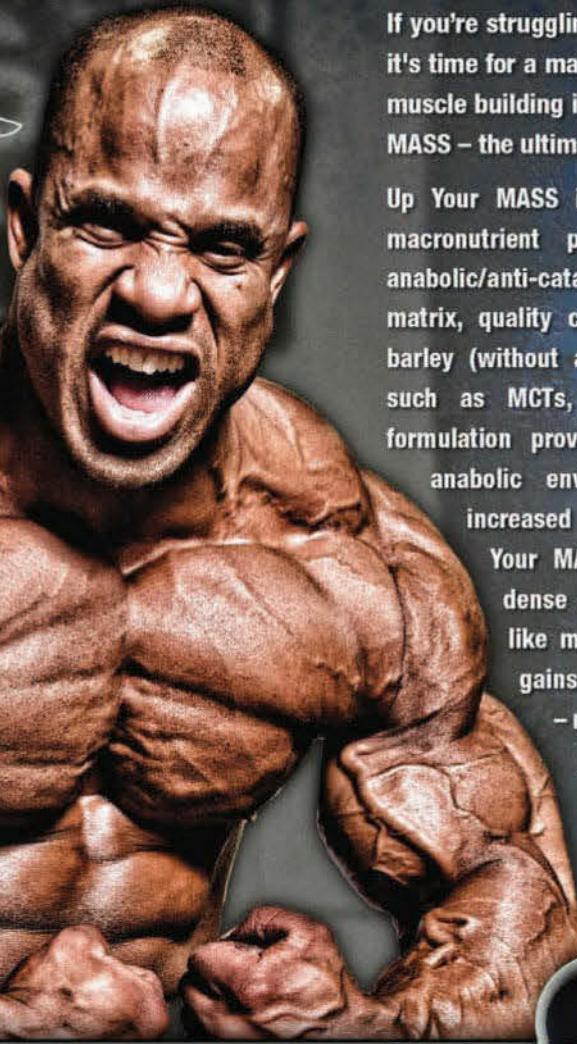
Ben White won his first IFBB professional bodybuilding contest, the Tampa Pro, in 2010. He is also a champion powerlifter and frequently competes in the World's Strongest Bodybuilder contest at the Olympia. His best competition bench press is 711 lbs (322.5 kg). He is an MHP athlete.

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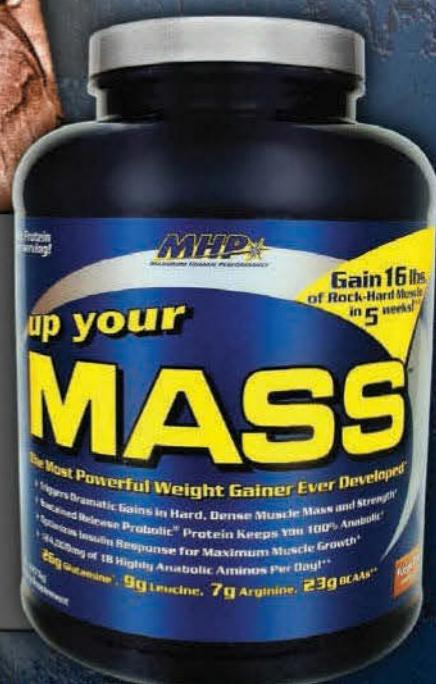
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KETTLE TO



THE METAL

A quick kettlebell circuit to chisel and condition your physique

By Cornell Hunt, C.S.C.S. • Photography courtesy of MHP

The more time you spend in a training facility, the more you need to familiarise yourself with the equipment. Elite training facilities only use tools that are guaranteed to maximise performance. Among those implements, you'll find kettlebells in 99 per cent of them. With the growing popularity of high-intensity training — not only for increasing athletic performance, but also for shedding fat and building muscle — kettlebells are proven to supply that demand.

Anyone who has ever picked up a kettlebell and performed an exercise correctly can identify the challenges associated with this type of training. Because of their versatility and the varying degrees of resistance, kettlebells are a practical training tool for everyone. Kettlebell training consists primarily of total-body exercises, which are considered superior for increasing strength and improving body composition to isolated, single-body part exercises. With all their benefits, kettlebells are perfect for high-intensity training, enabling you to burn tons of calories in a short time period.

In the workout described below, you will perform exercises that are guaranteed to produce results. When

done correctly, they have been proven to develop muscle, shed excess fat and improve athletic performance. That's the main reason you'll find them in advanced training facilities from your local CrossFit box to the strength and conditioning gyms at major universities.

SINCE YOU'RE ELEVATING YOUR HANDS WITH A GAP BETWEEN THEM, YOU CAN DROP YOUR CHEST FOR A DEEPER STRETCH.

To prepare for this circuit, set aside two kettlebells of equal weight and one larger kettlebell. Your strength and skill will determine the size of the kettlebells you use. I recommend choosing 35

(16 kg) to 53 lbs (24 kg) for the two equal kettlebells and 44 (20 kg) to 62 lbs (28 kg) for the other.

Kettlebell swings. The famous kettlebell swing will be the first exercise of the four movement training circuit. To perform it properly, you should know how to perform a deadlift. As the deadlift and the kettlebell swing are extremely similar movements, that's paramount to mastering the new move.

When you swing the kettlebell, you want to do exactly that — swing it! Grab the heavy kettlebell for this exercise. Hinge your hips back with a slight bend in your knees, keeping your back arched and placing all the stress on your heels and posterior chain. A 140 degree knee bend should do the trick. Swing the kettlebell between your legs, then immediately stand up tall, snapping your hips in one explosive motion to swing the weight to eye level. You should be standing up tall, with your arms straight out in front of you, and squeezing your glutes at the top. As soon as you stand up, gravity will bring the kettlebell back down, which will allow you to repeat the motion by hinging your hips back. Control the kettlebell at all times. Remember, this is a swinging motion, not an upright row. Perform 20 swings.



Kettlebell squats. As soon as you finish the swings, you move on to kettlebell squats. Hold a kettlebell in each hand — the equal pair — and bring them up so they rest facing out onto the bend in your arms. This positioning is similar to that of a front squat. Keep your elbows beneath the 'bells and lifted to the sides. Position your feet slightly wider than shoulder width, with your toes pointed slightly outward. Squat until your thighs are parallel to the floor. Push back up to the standing position, and repeat. You should maintain an elevated torso at all times, as well as keeping your heels flat on the ground. Perform 15 kettlebell squats.

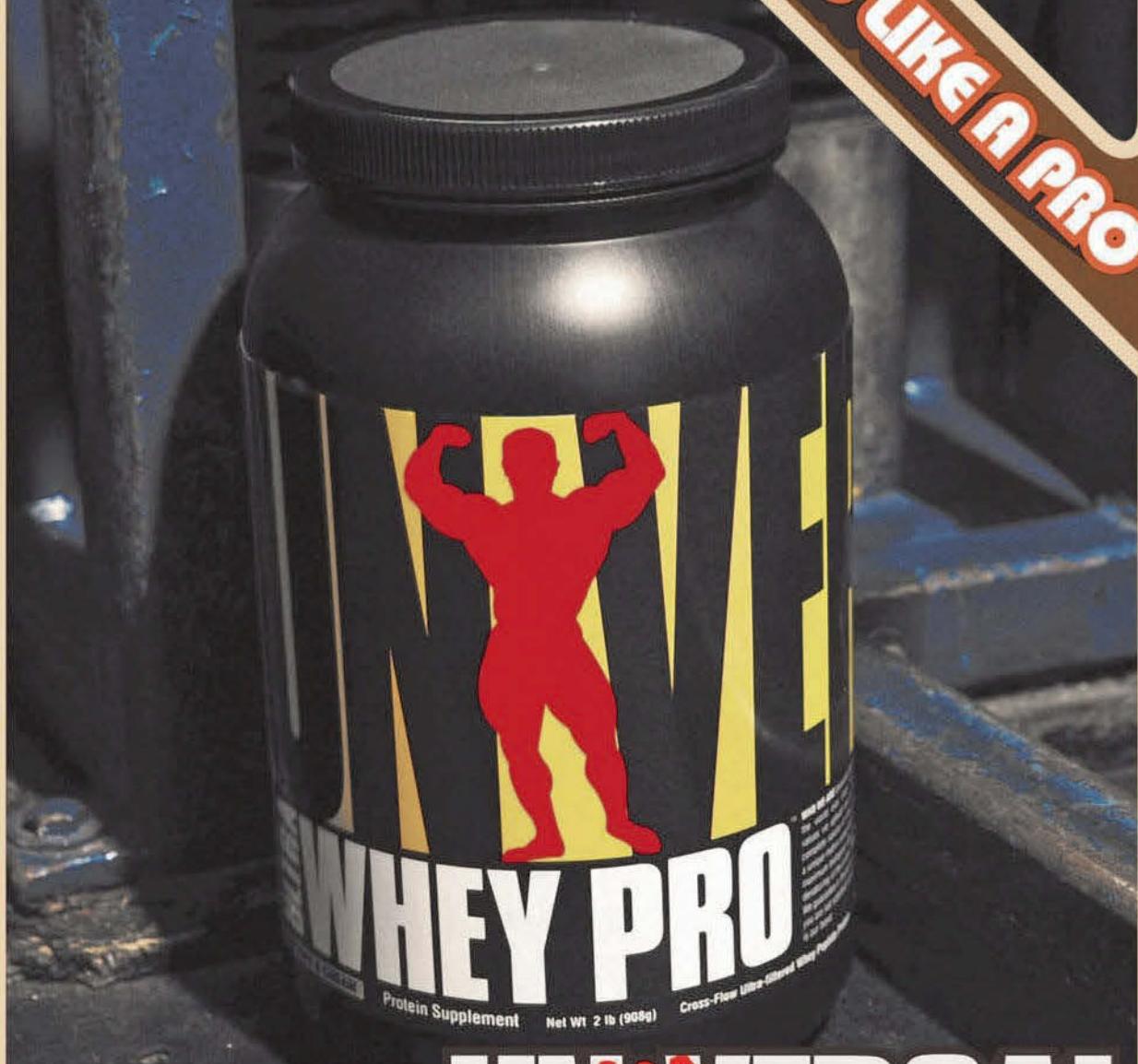
Push-ups with hands on kettlebells. This exercise is challenging and one of my favourite push-up variations. Since you're elevating your hands with a gap between them, you can drop your chest for a deeper stretch. Note, however, that it can be dangerous if not performed properly, so extreme concentration is required.

Grab the two equal kettlebells, and put them on the floor. Place your hands on the handles and get into a push-up position. Make sure you're doing the push-ups on a firm and flat surface. If you don't do them properly, the 'bells can slip from underneath your hands, resulting in injury, so use caution,

SWING THE KETTLEBELL BETWEEN YOUR LEGS, AND THEN IMMEDIATELY STAND UP TALL, SNAPPING YOUR HIPS IN ONE EXPLOSIVE MOTION TO SWING THE WEIGHT TO EYE LEVEL.



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DRIVE UP EXPLOSIVELY AS YOU EXTEND YOUR LEGS WHILE SIMULTANEOUSLY USING THE MOMENTUM TO HELP PRESS THE KETTLEBELLS OVER YOUR HEAD.



especially as you become fatigued.

That said, "With danger, comes reward," as the saying goes. For added resistance you can carry chains across your shoulders or elevate your feet. Perform 10 push-ups.

Double-kettlebell push presses.

When you finish your push-ups, pick up the kettlebells, and stand tall, holding them up next to your shoulders. Put them in the 'rack' position, which is the safest way to hold the kettlebells. It also gives you the most strength and power for this exercise. Keep your wrists straight, hands neutral and elbows tucked to the side. Bend your knees and dip. The bend should be slight, just to gain enough power to drive up explosively as you extend your legs while simultaneously using the momentum to help press the kettlebells over your head. Pause momentarily, and then lower the 'bells back down. Perform five reps.

The above workout can be performed in various ways, but one of my favourite routines is to do five rounds, taking a one-minute rest between rounds.

Kettlebell circuit

Kettlebell swings	20 reps
Kettlebell squats	15 reps
Kettlebell push-ups	10 reps
Double kettlebell push presses	5 reps

Rest one minute, and repeat four times for a total of five rounds.

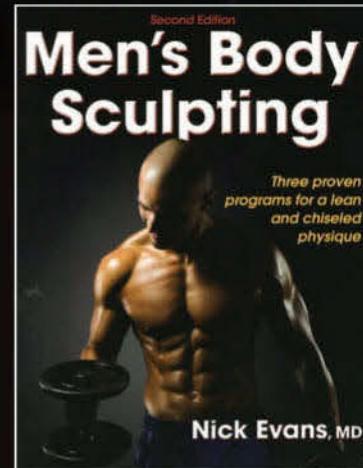
You can also do it another way if you are training with a partner. Attempt to complete as many rounds as possible in 10 minutes. The 'loser' has to complete one additional round at the end.

Kettlebell training is a great tool used by top strength and conditioning coaches who are looking for ways to increase athletic ability. When done correctly, this type of extreme training is a great way to use high-intensity work to drop body fat and build muscle and conditioning. Try the above routine as a finisher to your normal workout or as a workout on its own. Either way, you will see results! ■

Cornell Hunt is a Certified Strength & Conditioning Specialist in New Jersey and is the Xtreme Training Coach for MHP.



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Learning how to squat snatch Part 1

By Bill Starr

The reason that so many athletes who lift weights regularly do not try the Olympic lifts is that they believe the lifts are far too complicated to learn on their own. While it's true that both the snatch and clean and jerk are high-skill movements and require a great deal of work to master, there's really no reason that an athlete can't learn the required technique.

All the lifters I trained and lifted with and against in the '50s and '60s had taught themselves how to do not only snatches and clean and jerks but also the Olympic-style press, which is a high-skill movement as well. What's more, I competed in contests for almost three years before receiving any instruction on the lifts.

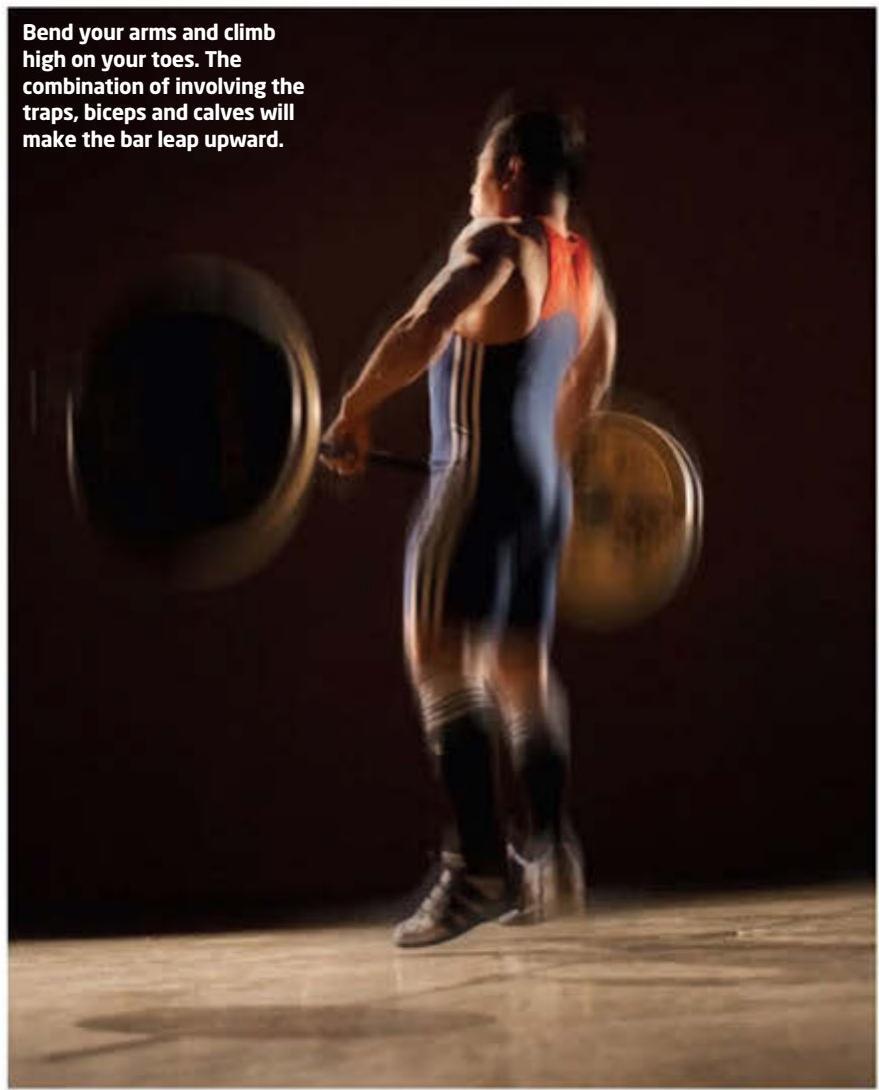
All it takes is instruction, which I'm about to provide, plus patience and sweat. Even if you have no desire to enter an Olympic weightlifting meet, the two contested lifts can be most useful. By learning to snatch and clean and jerk, you greatly improve foot speed, timing, coordination, quickness, flexibility and mental concentration – and those are attributes you use in any sport.

This is the first of a two-part series on how to squat snatch. You can also do snatches in the split style, but I'll cover that at a future date. This instalment focuses on the preparation phase. Before actually trying to squat snatch a weight, you must be able to do two exercises: the power snatch and the overhead squat. Both are great for building overall leg, back and shoulder strength.

I'll start with the power snatch. If you have already been doing power cleans, which are a part of most scholastic and collegiate strength programs, you will be able to move right into power snatches easily.

In order to do either power snatches or overhead squats, you must have sufficient shoulder girdle flexibility to lock a bar overhead comfortably. Women and younger athletes seldom have any problem with shoulder flexibility, but many older athletes do – mostly

Bend your arms and climb high on your toes. The combination of involving the traps, biceps and calves will make the bar leap upward.



Neveux \ Model: Dinh Nghiep

because they have spent much too much time working their upper bodies and concentrating on the flat bench.

Most Olympic lifters carry a broomstick with them and are constantly stretching out their shoulders. You can do it with a towel or piece of rope. Just work the stick or towel back and forth over your head until you feel your shoulders loosen up a bit, and then bring your grip in slightly and do it some more.

The grip you use for power snatches depends on several factors: height, body size and degree of flexibility. An Olympic bar has a score on each side, six inches (15 cm) from the collars. Wrap your ring fingers around that score. Then, after doing a few reps with just the bar, make any adjustments that are necessary. You need to be able to hold the bar overhead so that it's right above the back of your head, with your arms locked.

Step up to the bar so that your shins are touching it. Shut your eyes and imagine that you're about to do a standing broad jump. That's your ideal foot position for pulling. Grip the bar firmly, flatten your back, lower your hips, and, after making sure your front deltoids are slightly in front of the bar, look straight ahead. You're now ready to pull.

Most beginners have a tendency to jerk the bar off the floor, but that causes it to run forward and the back to round. Do this instead: Get set, tighten every muscle in your body from toes to neck, and think about pushing your feet down into the floor; then guide the bar upward in a controlled manner with your arms straight and your back extremely flat. If you pull your shoulder blades together, that will help you maintain a flat back throughout the pull.

As the bar passes midthigh, drive your hips forward explosively and, with your arms still straight, contract your traps. All the while, the bar must stay tight to your body. Once the bar passes your navel, bend your arms and climb high on your toes. The combination of involving the traps, biceps and calves will make the bar leap upward.

One of the most important form points for the power snatch is that at the very conclusion of the pull, when you bend your arms, they must be turned up and out, not back. Once your elbows turn backward, you no longer have any upward thrust on the bar.

When the bar passes your head, dip under it by bending your knees a bit, and lock it out with straight arms. Don't merely catch the bar and hold it overhead; rather, push up against it and stretch it outward. That will enable you to position it exactly where it should be, which is on a line directly up from the back of your head.

If you find that you're having difficulty locking your arms at the end of your power snatches, lower the weight. You're not going to be able to hold a heavy weight overhead with bent arms, and it's cause for disqualification in competition.

While holding the bar overhead, continue to exert pressure up against it, and on the final rep of the set push against it for five or six seconds. That builds a different and very valuable kind of strength in your shoulders, back and legs.

You lower the bar in two steps: Bring it from overhead to the top of your thighs, bending your knees to help cushion the impact; then, while

You'll quickly learn that overhead squatting is quite different from front or back squats. The bar must travel in a tight up-and-down line.



maintaining a very flat back, ease the bar down to the floor.

Reset, and do the next rep. The bar should resemble a whip, moving slowly at first, picking up speed through the middle and becoming a blur at the top. Doing five reps is fine for the warm-up sets, but once the weights get demanding, do only triples and do as many sets as you can handle while maintaining good form.

When you're learning how to power snatch, don't skip your feet to the side. You want to concentrate fully on pulling the bar in the precise line and finishing the motion strongly, and not skipping your feet will help with that.

Once you've learned how to power snatch, overhead squats will not be a problem. Power-snatch the weight, lock it solidly overhead, and then go into a deep squat. You will probably have to shift your feet around a bit to find the ideal foot position for going into a deep squat.

You'll quickly discover that this form of squatting is quite different from front or back squats. The bar must travel in a tight up-and-down line. Should you allow it to waver too far out front or too far back, you will not be able to control it.

You must maintain complete control of the bar throughout the up-and-down movement by keeping your arms locked and exerting pressure up into the bar. In the event that it does stray too far out of the proper position, you can just push it away from your body.

One final point: Don't attempt to explode out of the bottom of an overhead squat the way you would on a front or back squat. That will invariably drive the bar out of the correct line. You must squeeze out of the deep bottom in a controlled fashion and learn to lower the bar in a deliberate manner as well. Because you do them more slowly than other forms of squats, overhead squats hit new muscles and attachments in your shoulders, back, hips and legs.

Triples also work best for these. The lower reps enable you to focus on the various form points, which you're going to need for the squat snatch. I'll discuss that in the next instalment. ■

Bill Starr was a strength and conditioning coach at Johns Hopkins University from 1989 to 2000. He's the author of The Strongest Shall Survive – Strength Training for Football.

Muscle movie news

By Clint Morris

TYRESE WANTS GREEN LANTERN

Fast & Furious star Tyrese Gibson has set alight his own rumour bonfire, suggesting he's in the mix to play the Green Lantern in Warner's upcoming solo movie. The character, last on screen via the ill-fated Ryan Reynolds movie from a few years back, will next be seen in Zack Snyder's two-part Justice League movies in 2017 and 2018. As has been widely reported, Reynolds won't be back, so Tyrese has decided to throw his hat in the ring.



AUSSIE JOEL IN LINE FOR BATMAN SPIN-OFF

Casting continues on *Batman* spin-off *Suicide Squad*, with Tom Hardy recently departing the project over scheduling difficulties. The *Mad Max: Fury Road* star was due to play team leader Rick Flagg in the film but had to drop out due to other commitments. Jake Gyllenhaal was approached to replace him but the

Nightcrawler actor passed. According to CinemaBlend, Jon Bernthal (*Grudge Match*) and Joel Edgerton (*Warrior*) have emerged as contenders for the role. Bernthal worked with *Suicide Squad* director



David Ayer on last year's *Fury*, so that might give him an upper leg on Aussie Edgerton. A couple of other *Suicide Squad* rumours are circulating: one suggests former *CSI: New York* star Gary Sinise has joined the cast of the film, while another has Joe Manganiello (*True Blood*) playing the villain Deathstroke.

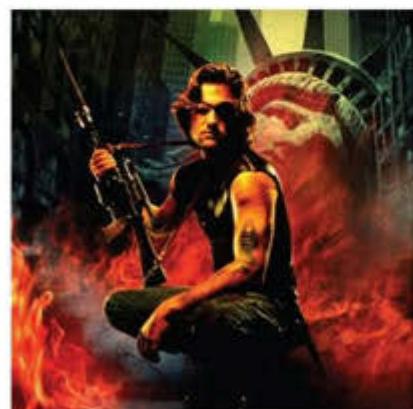
EFRON'S WEDDING DATE

Zac Efron is set to star in *Mike and Dave Need Wedding Dates*. Jake Szymanski is directing the 2016 project, which centres on two brothers who post an online ad for wedding dates. Efron is currently filming *Dirty Grandpa* with Robert De Niro.



SNAKE PLISSKEN IS BACK

Fox has nabbed the rights to John Carpenter's classic *Escape from New York*. After a competitive bidding war, Murdoch's stable emerged as victor; the studio has set Andrew Rona and Alex Heineman's The Picture Company to produce a remake of the '81 classic. John Carpenter will executive produce the new version. There have been attempts to get a remake off the ground before, but nobody but Fox has had the smarts to get Carpenter involved. Though early rumours suggested Charlie Hunnam and Chris Hemsworth were in line to play the new Snake Plissken (the character played by Kurt Russell in the original and its 1996 sequel), Fox are likely to open up the gates to any and all possibilities.



PRISON BREAK RETURNING?

Former *Prison Break* stars Dominic Purcell and Wentworth Miller recently told the media they'd been bugging Fox about bringing back the hit series. The duo, currently appearing as a villainous duo on the CW's *The Flash*, seemingly want to reprise Linc and Michael – despite the fact one of them was without a pulse when the show ended a couple of years ago. "We actually floated the idea to Fox very casually and they seemed very not casual about this interest," Miller told E! News. "They seemed to think there was something there."

Miller, who has transformed into an in-demand screenwriter since the end of the series, says they haven't contacted any former co-stars about a reprise just yet. "We haven't reached out to anyone just yet. It's just baby steps at this point, early stages."

"It's something that Fox is, as Wentworth said, potentially excited about," Purcell said, with Miller quickly adding, "Maybe definitely excited about. Maybe definitely."

Miller said he could imagine *Prison Break* returning in the form of a limited 'event series' – much like Fox's *24: Live Another Day*. Fox Group chairmen and CEOs Dana Walden and Gary Newman told acknowledged, at a recent event, discussions about a *Prison Break* redux. "There's some speculation in the press at *Prison Break* and we've made it clear at the studio that we'd bring *Prison Break* back at the studio," Newman said. "It's the perfect event series. But at the moment, we have nothing else to report."



WOLVERINE HITS THE SLOPES

Hugh Jackman will star in *Eddie the Eagle*, the true story of Eddie Edwards, the first British ski jumper in Olympic history. Edwards didn't win but became a bit of a media darling due to his underdog status. Jackman plays Chuck Berghorn, the Lake Placid-hailing ski jumping expert who helps Edwards train. The Matthew Vaughn-produced movie will be helmed by actor-cum-director Dexter Fletcher (*Lock, Stock and Two Smoking Barrels*).



TWINS SEQUEL CANNED?



While there's still cartoon love hearts for sequelling some of Arnold Schwarzenegger's other hits (*Terminator*, *Conan the Barbarian*), Universal seems to have broken out with a case of the cold wobbles in regards to the *Twins* sequel. *Triplets*, which would reunite Schwarzenegger and Danny DeVito, and throw in Eddie Murphy as a third sibling, isn't the sure thing many assumed it was. In fact, according to the film's co-screenwriter, it mightn't even happen.

Actor and writer Josh Gad (*The Wedding Ringer*) said he and co-captain Ryan Dixon have finished the script for *Triplets* – but Universal don't seem too enthused about doing anything with it at the moment. "The script is actually done," Gad told Reddit during an AMA (Ask Me Anything) session. "Everybody agrees that it's great. We wound up doing two drafts. Universal, I think, hit the pause button temporarily for

whatever reason – internally I think they are trying to figure out if they want to do a sequel or not. I would say if there's an outpouring of affection, that may move the needle, but I think it's on hold right now. But everybody read the script and loved it, so I hope it sees the light of day at some point. It's there and in great shape."

In the theoretical movie, Murphy would play a newly discovered triplet to Schwarzenegger and DeVito's characters. "Well, the lives have changed in that the two of them find themselves at a major crossroads where they've sort of grown apart over the years and what winds up bringing them together is a third brother they never knew they had, who could potentially be played by Eddie Murphy," Gad said. "There is currently a role in the movie where Arnold has a son that looks like Danny, and Danny has a son that looks like Arnold." While Gad would probably be perfect to play Arnold's on-screen son, the Olaf-from-Frozen actor says there are no current plans for him to act in the movie.

While Universal ponder making *Triplets*, audiences will be able to get a taste of some of Arnold's 'seconds' by way of *Terminator: Genisys*, *The Legend of Conan* and, if there's anything to the recent rumour, a *Running Man* sequel.

AT THE MOVIES

ARROW TO SPLINTER OFF

The CW is considering a second spin-off of *Arrow*, this time centring on the character of the Atom. Brandon Routh (*Superman Returns*) would reprise his role as Ray Palmer aka the Atom in the prospective series. Executive producers Greg Berlanti, Andrew Kreisberg, and Marc Guggenheim cautioned that they're only in "very early talks" and have a "very general idea" of a possible Atom series. In the DC comics, the Atom has the ability to shrink and expand himself, as well as other objects. The character is regarded as DC's version of Marvel's Ant-Man.



AT THE CINEMA



PAPER PLANES (Roadshow)

One of those gems that sneaks so covertly under the radar everyone will likely miss it, home-grown family film *Paper Planes* chronicles a young boy's interest in flying paper planes – and becoming so good at it that he's flown to Japan to enter a big-time competition. Meanwhile, the boy's luckless widower dad (Sam Worthington, in one of the better performances he's given) still wrestles with the loss of his beloved wife while attempting to resuscitate the relationship he has with his kindly offspring.

KIDNAPPING FREDDY HEINEKEN (Becker)

Sam Worthington (yep, him again), Ryan Kwanten and Jim Sturgess help make up a small town criminal outfit that decide to kidnap one of the biggest businessmen in Amsterdam – Freddy Heineken (Anthony Hopkins), head of the cash-heavy Heineken beer empire. The sloppy kidnappers hold Heineken and his driver hostage in a makeshift cell while they try to convince the authorities to hand over a lot of loot in exchange for the tycoon's safe return. As is usually the case in these circumstances, nothing goes to plan – but you'll be surprised just how far the dim thieves do get. Based on a true story from the early '80s, the film plays somewhat like an edgier *Horrible Bosses*; though entertaining, is about as memorable as the former.



ARNOLD SCHWARZENEGGER

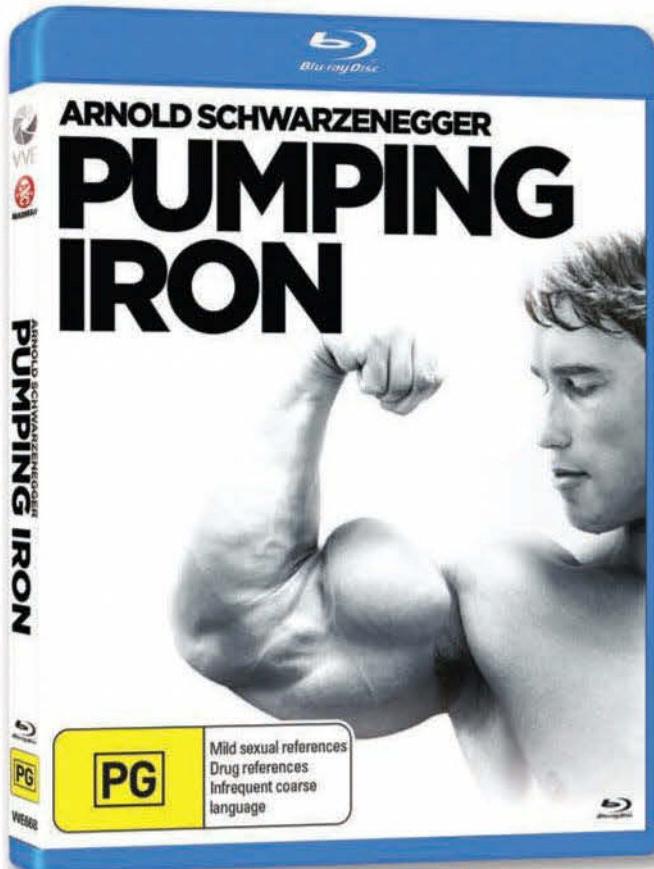
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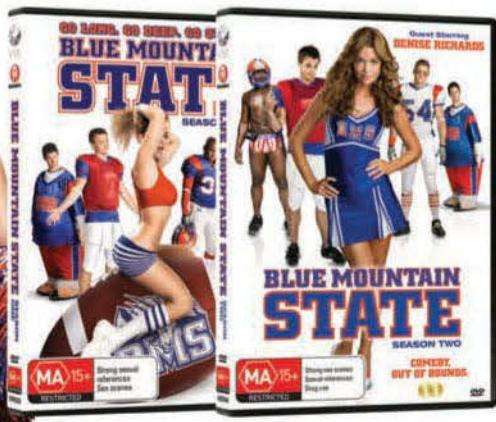
In 1977, an independent documentary movie shone a light on the world of bodybuilding, becoming a huge box office hit and creating an international sensation. It launched one man's multi-million dollar career and changed the world of bodybuilding and physical exercise forever: "Pumping Iron". Starring five-time Mr. Olympia, Arnold Schwarzenegger, the movie followed the 28-year old bodybuilder as he competed for his 6th title.

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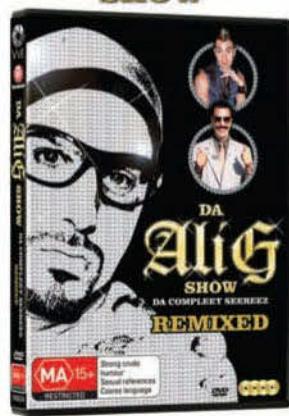
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DRACULA UNTOLD

(Sony Universal)

This toothless origin tale of Vlad the Impaler begins with a 15th-century Transylvanian prince taken hostage as a teenager by Ottoman Turks and trained to be a soldier. A couple of decades later, an adult Vlad (Luke Evans, *The Hobbit*) returns to his people, still warring with the Turks. When the new sultan (Dominic Cooper) orders 1,000 Transylvania youths to sign up for his new army, the frustrated Vlad sees no option but to oppose the sultan's demands. Just before heading into battle, the prince has a chance run-in with a vampire (Charles Dance) who offers Vlad a secret weapon to help him in war. Enjoyable enough, I suppose, but lacks, er, bite.

REACH ME (Pinnacle Films)

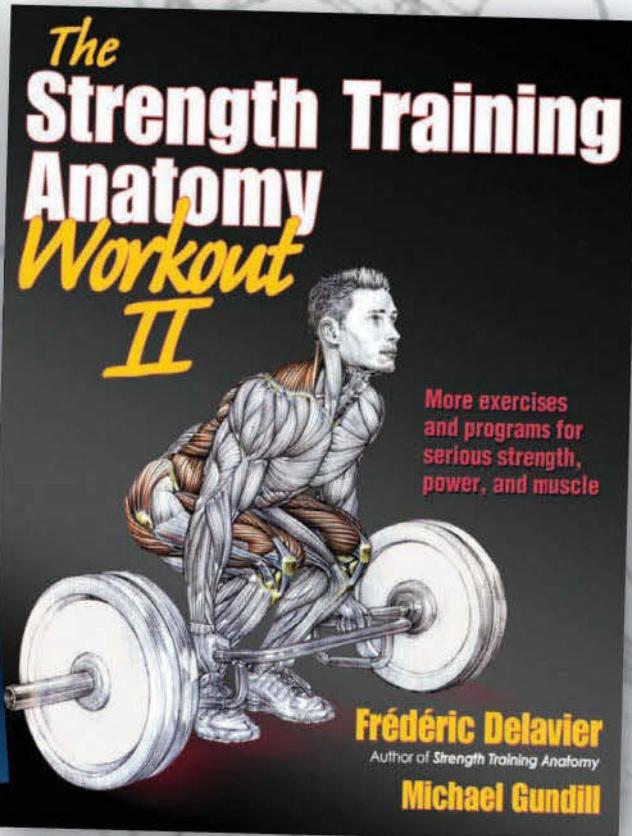
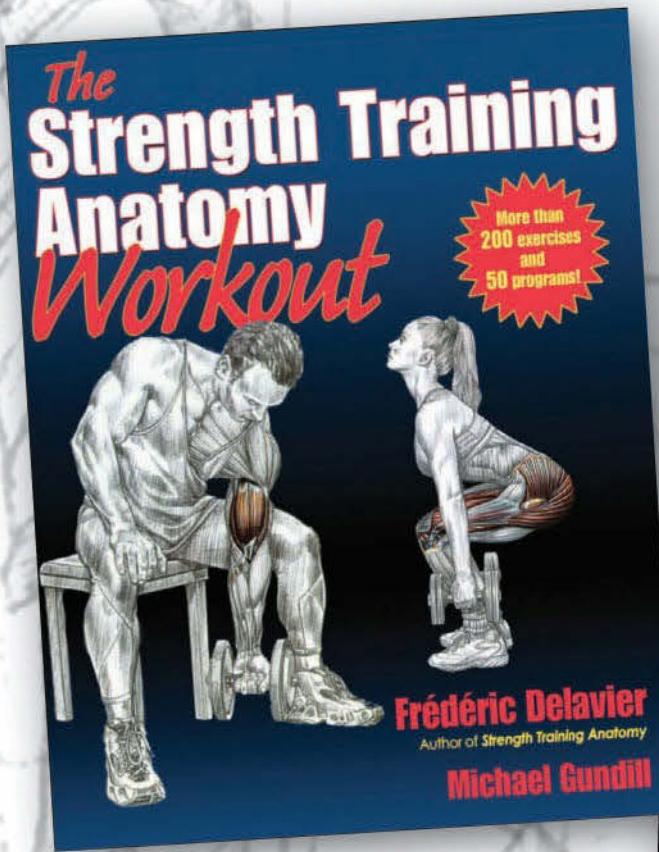
An all-star cast – including Sly Stallone, who also helped with the financing for the film – unite for this fairly average drama about a group of people who all have a connection to a self-help book authored by a reclusive former football coach. The book, we're told, has gone viral and among those influenced by its lessons are an arsonist (Kyra Sedgwick), a rapper (Nelly), some criminals (Omari Hardwick and David O'Hara), a golfing gangster (Tom Sizemore), a cop (Thomas Jane) and a gossip-site publisher (Stallone, playing against type). The characters – even the secondary ones, played by the likes of Kelsey Grammer, Tom Berenger, Ryan Kwanten, Frank Stallone, Cary Elwes, Elizabeth Henstridge and Kevin Connolly – are interesting enough, but the plot's pretty thin.



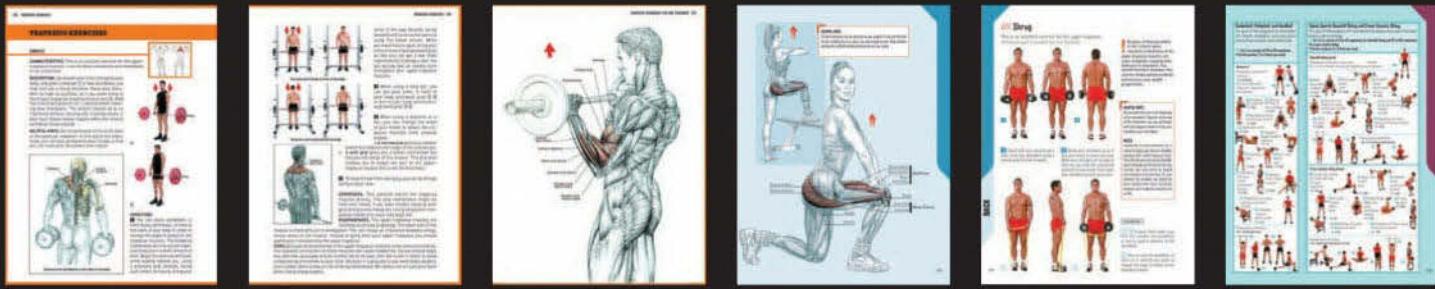
THE SCORPION KING 4: QUEST FOR POWER (Sony Universal)

The fourth in the popular [*Who knew? – Ed*] *Scorpion King* series sees Mathayus (Victor Webster) embarking on a dangerous and deadly mission. The muscly hero teams up with the beautiful Valina (Ellen Hollman) and her loony dad (Barry Bostwick of *Spin City* fame) to take down a power-hungry villain named Drazen (Will Kemp), who is determined to unlock an ancient source of extreme power. Director Mike Elliott plugs this fun, escapist yarn with a stupendous number of back-to-back action sequences, resulting in a sure-to-satisfy pleaser for genre fans but, no, it's still not a shade on the original Dwayne Johnson one. ■

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Troubleshooting Q&A



It's an all-nutrition edition of Body Conquest this month, with Ingrid taking on the differences between cooking oils, the healthfulness of canned foods, her opinion on bread and what to watch out for when a coach gives you a diet plan.

By Ingrid Barclay
Photography by Michael Neveux

Q: I am trying to be health conscious and I am well aware that there are a lot of differences between oils. I am not sure which oil is best to use when cooking my steaks and chicken. Any pointers?

A: There are a number of oils you can cook with that have differing depths of flavour and quality of fats. But because there are so many, it's hard to understand which ones are best for particular occasions. Olive oil has a few within itself.

Extra virgin olive oil. This is the first press from the olives. It offers the greatest amount of quality fat and is therefore one of the best for you. It is dark in colour and has a strong flavour; it is more ideal for finishing in salads rather than in sauces such as mayonnaise as the taste overpowers other ingredients.

Extra virgin also has a very low smoking point, so if you are using heat it can result in burning whatever it is you are cooking.

Pure olive oil. This is the second press from the olives and, as a result, does not have as many quality fats. It is lighter in colour and has a higher smoking point than extra virgin, so I recommend using it to cook with when

© Roland Balk

using heat. It also has a more reasonable use in sauces due to its subtler flavour.

Light olive oil. This is the final press one can manage to get out of the olives. Manufacturers actually heat the press in an attempt to extract as much 'juice' out of what is left in the crushed olive. Along with this, a lot of manufacturers will add ingredients to enhance the oil's flavour, as it is quite weak. It has a really light colour and I recommend avoiding this altogether.

Grapeseed oil. I love using this for cooking when working with heat. It has a really high smoking point and therefore will not result in your food turning into charcoal quickly. If you really want the taste of the sauces to shine, grapeseed flavour is next to none. Apart from finishing in salads, grapeseed oil is one of the most common I use.

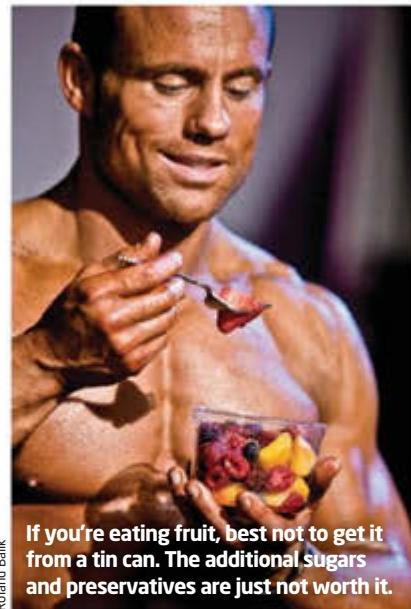
Macadamia oil. I love this oil for the nuttiness it provides to dishes. It also has a high smoking point and so it's great for cooking with heat. I have become very fond of infusing this oil with flavours such as chilli, garlic and herbs. It takes on flavour really well while still holding its own.

Coconut oil. Similar to macadamia oil, coconut oil provides a great nuttiness to your cooking. It is extremely healthy for you; the fat in coconut oil is not only amazing for your heart, but also for your brain. As coconut oil is a medium chain fatty acid, it is regarded as a healthy saturated fat. It gets broken down in the liver and converted to energy for brain and muscular functions. I use it a lot in Indian cooking due to the way it complements coconut milk and spices. I've also begun using it in a number of baking dishes too due to its similar consistency to butter. I substitute a lot of recipes that use butter with coconut oil, purely because it gets the same moist result and, in my opinion, tastes even better.

Q: What do you think of tinned fruits and tinned tomato? I consume them quite often and was wondering if I'm doing myself a disservice.

A: In my opinion, tinned fruit is usually bad, purely because they are created for the purpose of longevity. So not only do they contain additional sugars and preservatives to enhance flavour but they also have colouring agents, because over time they lose their natural quality.

Tinned tomatoes are even worse, but this is not because manufacturers pack more harmful products into the cylinder frame; rather, the reason lies within the tomatoes themselves. Tomatoes are highly acidic, which, after remaining



Roland Ballik

If you're eating fruit, best not to get it from a tin can. The additional sugars and preservatives are just not worth it.

inside a tin for a longer period of time, can actually break down the aluminium of the tin itself. Once broken down, it then moves freely within the tin, meaning that when you eat it, you are adding metal to your meals too. Unless you have toxins on your ingredients list, it's probably best to avoid tinned tomatoes completely. Simply put four tomatoes in a blender and pulse until you get the consistency you're after – short time for chunky or a longer time for smooth. Oodles healthier.

Q: What do you think of bread as a source of high energy complex carbohydrates for bodybuilders?

A: Our stomachs struggle to comfortably break down the combination of gluten and yeast and this is why some people, unfortunately, do not feel great after having a sandwich for lunch. Some people are even diagnosed with coeliac disease, resulting in the need for a gluten-free diet.

Gluten is found in wheat-related products such as flour, barley and rye and is responsible for the stretchy aspect of pizza dough, pasta and bread. It is this glue-like character that is the problem for the body's internal state to break down. As bread is a big part of meals in Western society, to some degree our bodies are becoming adaptable to breaking it down. As a result, the onset of the associated illnesses are being delayed and individuals are not being affected until their early 20s. Symptoms can include headaches, nausea, swelling and joint problems – all more common in women.

Pastas also include a high level of gluten and do not offer a lot of nutritional benefits. As I always say: "Everything in moderation is so important for your health." For

As coconut oil is a medium chain fatty acid, it is regarded as a healthy saturated fat.



Bread is a big part of the Western diet but many people struggle to comfortably break it down in their stomachs.

bodybuilding purposes I would rather opt for carbs like quinoa, oats, sweet potato, white potato and rice.

Q: I know that you are a very experienced contest prep coach, so I would like to ask a question. I have been given a diet by a local personal trainer, as I wasn't really in a position to afford a proper coach. I have some reservations about the diet that the PT has given me. Can you offer any suggestions on what I should or shouldn't be concerned with?

A: I think the way to tackle this is, I will share four warning signs that your comp diet is not a good diet and/or you are going to pay for it on some level ranging from catastrophic (and no, I am not being a drama queen here) to medium-level health and emotional consequences that you will have to work extremely hard at for quite a period of time to overcome.

Disclaimer: This is not a science-based post. It is my personal opinion based on my years in the industry with a lot of proficiency in both prescribing, influencing and giving competition plans – and yes, upon reflection, this includes some poor ones; we all make mistakes and improve our approach – and also a lot of experience both talking to and working with competitors who have done it in a catastrophic way and worked on overcoming the end result of incredible disillusionment and metabolic repression/breakdown. I have actually witnessed it in men as well as women, although I would argue that women tend to have more emotional and hormonal issues post-comp.

Now, counting down the warning signs:

4. No evidence of essential fats.

You MUST have omega 3s and preferably omega 6s as a dietary source on your diet plan. Any knuckle-brain personal trainer or self-proclaimed contest coach can ensure you have 'fats' in your diet. But if you are looking at whole egg or avocado, as an example – well great; I am not saying they are not great foods (indeed they are). What I am saying is that these kinds of fats are not good enough. Ah, but you also have coconut oil. Sorry, coconut oil doesn't cut the mustard. This is my opinion, so I can argue this is bogus 'It's good fats' at its best. Don't get all in a fluster and assume that I am anti-coconut oil. You aren't reading this right. I am saying you need to see evidence of dietary sources of anti-inflammatory fats or your diet is a poor one and I would seek to make some additions immediately.



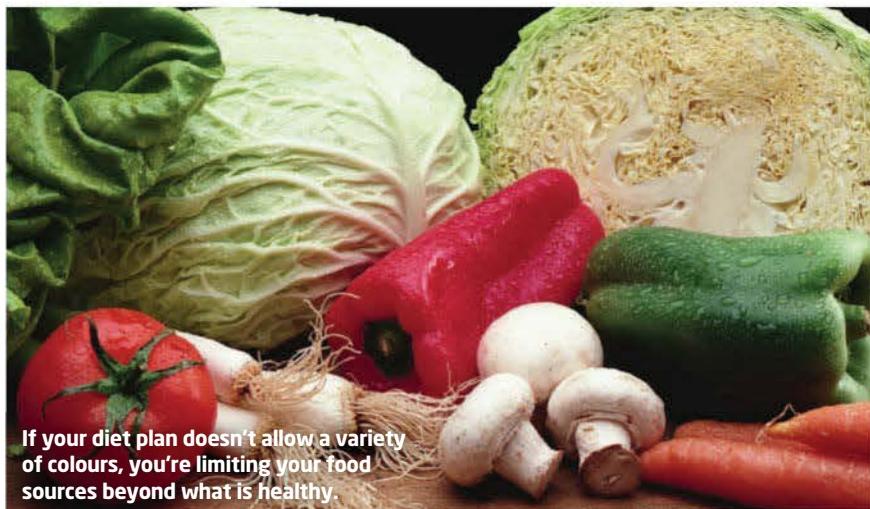
Be very wary of a coach's diet plan if it looks like it doesn't provide enough calories to survive on.

Any knuckle-brain personal trainer or self-proclaimed contest coach can ensure you have 'fats' in your diet.

Being shredded is awesome and it may win your comp but it's not worth the after-effects. It's a bit like winning the battle but not the war.



Balk



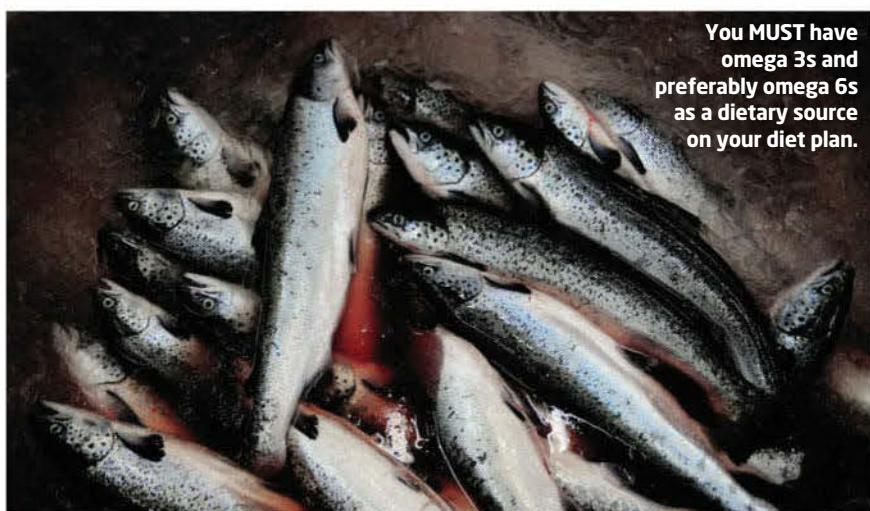
If your diet plan doesn't allow a variety of colours, you're limiting your food sources beyond what is healthy.

Trust me when I say this: omega 3s optimally improve your health on every level – from brain cognition through to fat metabolism and everything in between.

3. A removal of a complete macronutrient. OK, one exception. Given that alcohol is technically a macronutrient – if that is not on your plan, excellent! All jokes aside, if you are missing a) protein, b) carbohydrate or c) fats – so a no-fat comp diet, or a no-carb comp diet – FIRE your coach because they aren't knowledgeable enough and get the heck out of dodge. (There are the very occasional exceptions here, as with everything).

What are vegetables and salad ingredients? Yep, that's right – carbohydrates. So if you have no starchy carbs but your diet does, this does not mean you are on a no-carbohydrate diet! Unless you aren't even allowed to eat a lettuce leaf. If you aren't allowed to eat a lettuce leaf, please fire your coach. Immediately, swiftly and with great resoluteness – time to move on.

You MUST have omega 3s and preferably omega 6s as a dietary source on your diet plan.



2. All up you have only anywhere between three and five 'colours' of foods. Example? OK, if for the express part of your daily nutrition you arrange your meal plate and it resembles brown, white and green, you honestly need to re-think the diet plan you were given. It is unnecessary but, more importantly, it coincides with the purpose of this response to your question – highlighting that you are, as sure as the sun comes

up tomorrow, going to have health complications and difficulties because of it.

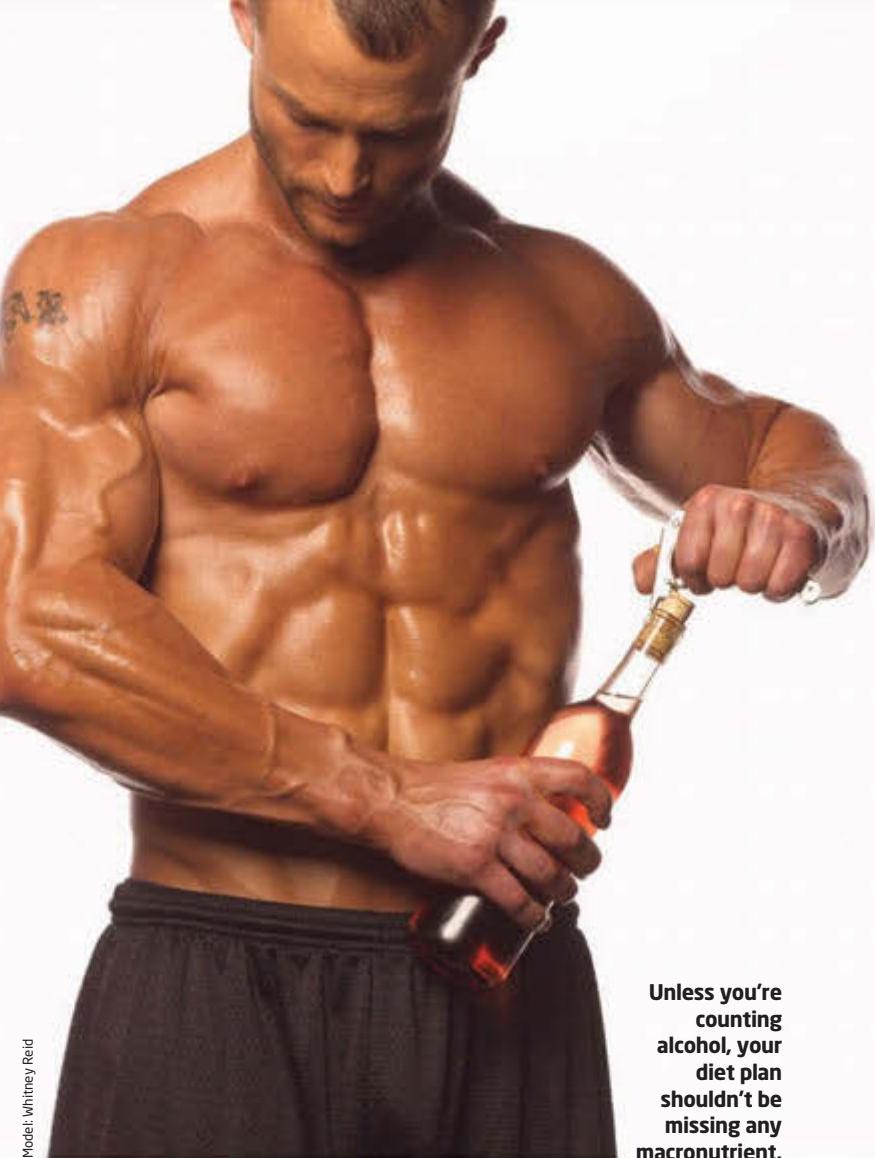
Limiting your food sources to this extent is, in my belief, not conducive to good health. There is plenty of social proof that, especially combined with other aspects of an ill-advised competition preparation (too much cardio, not enough sleep etc.), side effects will include: massive food sensitivities post-comp, hair falling out, disordered eating with 'normal' foods such as a carrot for heaven's sake, lack of less important but still vital trace minerals and vitamins... and the list goes on.

If you cannot eat a piece of yellow corn or a green pea or some lovely orange capsicum or dark purple beetroot because you are 'hardcore competition dieting' – then more fool you.

My advice? Seek advice elsewhere. Or ask your coach/trainer why. If you don't get a really, really exceptionally great answer that truly sits well with you (and mark my words, you WON'T get a good enough answer), go off and find yourself another diet because your current one is not going to serve you well.

1. Calories way too low. My top 'walk away from that diet' plea is definitely to take a good hard look at the total number of calories and ensure that there is enough there for you to function on. If the diet you have been given gets your calories down to somewhere around 90-75 per cent of your BMR (basal metabolic rate) then it really is going to wreak so much havoc on you, I would argue permanently, that you should just ask for a refund. Don't jump on my 10-25 per cent BMR or assume for one second that I think doing a diet that has calories that do not even cover your BMR AT REST (so, not even including your weight training and cardio) expenditure on top is OK. Again, don't mis-read what I have written. I don't think it's OK. I don't think it is safe, nor good for you.

But, and this is the but, I know for a fact that there are coaches who put their clients, both male and female, on calories that do not cover their BMR, especially in the last 10 weeks or so before comp. Fact: There will be some male and female bodybuilders/figure girls/sports models with these diets in their hands right now that they are sticking to for this season (season A 2015). Fact: They will follow them. Fact: They not only don't meet BMR requirements, they are WELL under BMR requirements. Fact: They are going to suffer. Terribly.



Model: Whitney Reid

Unless you're counting alcohol, your diet plan shouldn't be missing any macronutrient.

Take a good hard look at the total number of calories and ensure that there is enough there for you to function on.

This kind of level of insufficient calories is *crazy* and please don't think that you are somehow going to escape the physiological and physical repercussions of such an approach. Not even as a male.

Some kind of guide:

White flashing light: Diet 'seems to be pretty low' in calories but you have worked it out and it is low, but 20-40 per cent above BMR requirements (plus exercise).

Orange flashing light: Diet hits your BMR requirements (plus exercise).

Double red flashing lights: Diet is 10-25 per cent under your BMR requirements (plus exercise).

I hope this helps enable you to now go and review the diet plan that your trainer has given you so that you can ensure that it covers these four salient points to keep your comp prep journey healthy and happy. Being shredded is awesome and it may win your comp but it's not worth the after-effects. It's a bit like winning the battle but not the war. ■



Ingrid Barclay is the owner of Body Conquest, an elite personal training service specialising in contest preparation for men and women. Ingrid is a Master Trainer of more than two decades, the author of Go Figure and a NABBA/WFF judge who has helped numerous competitors to compete at their very best. Ingrid can be contacted on 0424 180 093 or through ingrid@bodyconquest.com.au

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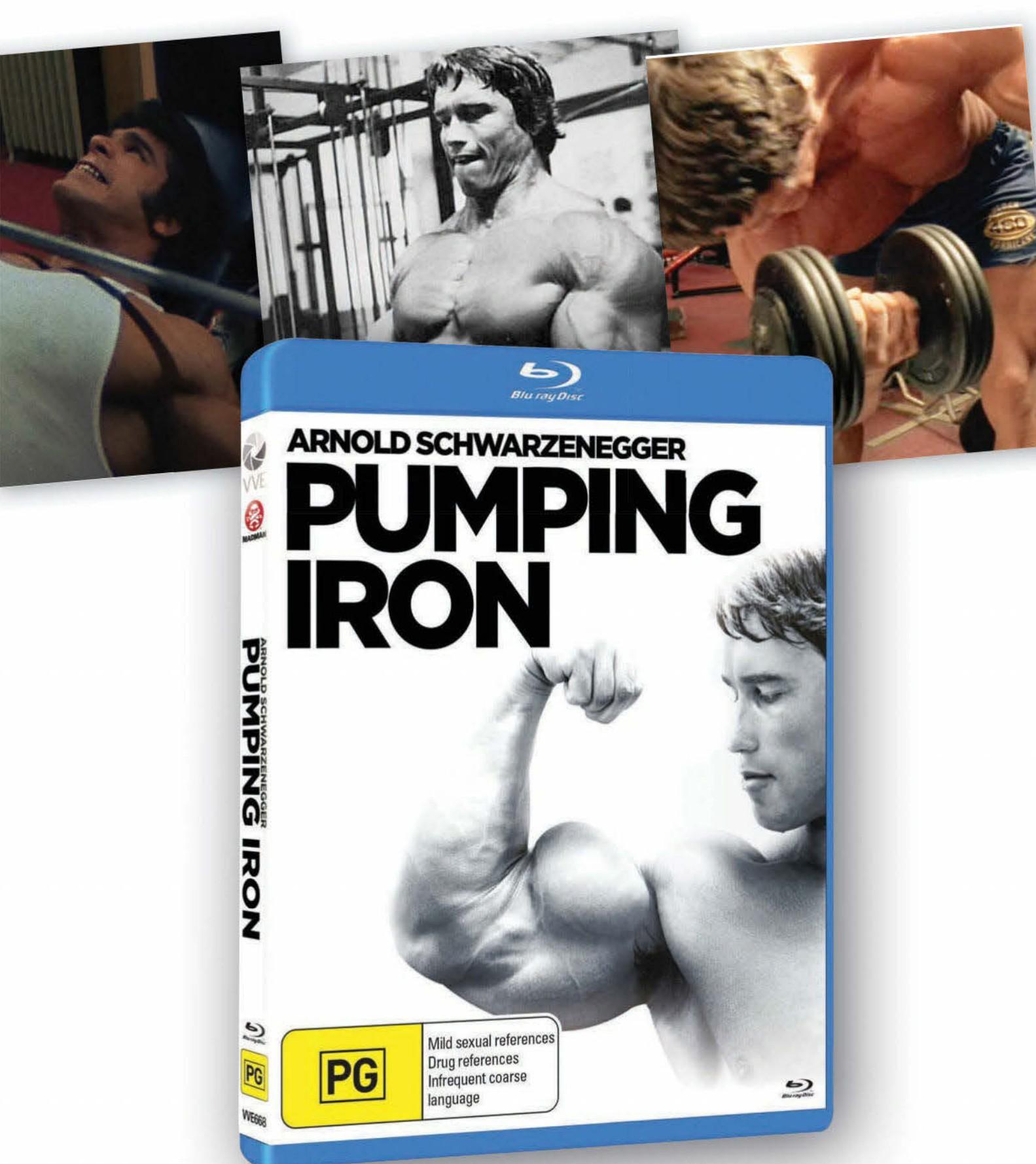


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WET 'N' WILD

Cara



How did you come to be in the calendar?

One of the stunning ladies from last year's calendar, Amy Wright, recommended me to [photographer] Charlie. So he asked me and of course I jumped at the opportunity to shoot with him.

Where do you hail from?

Brisbane.

Tell us a joke or a funny story.

Oh, I don't think I'm a funny person at all, but if you knew how many times I've locked myself out of the house in the last few weeks, maybe I'd be the joke!

What did you want to be when you grew up?

A zoologist. I have always loved giraffes and so I wanted to study them and work in a zoo.

What is your relationship to the fitness industry?

I have always been heavily into fitness. During school, I represented Queensland in a number of different sports and after school gave them all up. I spent a few years going to the gym to try and keep the weight off but never really understood it all properly; you know, too much cardio and abs/terrible diet. A friend got me into the gym just over a year ago – I started loving to learn more about myself, training and diet. Now I'm an addict!

You obviously keep yourself in great shape. Tell us about your fitness routine.

Because I compete as a fitness/bikini model, my training is forever changing as I learn more. Up until recently I had always trained a body part per session – glutes/hamstrings, back, shoulders, quads, arms etc. – once or twice a week, but now as I'm learning more I have changed to train two-to-three body parts a session every second day. I'm not much of a cardio bunny, so you'll only ever see me walking or on the cross-trainer.

What's your favourite exercise?

Just ONE exercise? Oh god! I don't know if I could name one! I like training the booty and my shoulders.



Charlie Suriano

What's your least favourite exercise?

I hate training back! I'm hoping I can change that opinion; it's my weakest muscle group!

Do you prefer weights or cardio or do you change it up?

Weights for sure! I'll always choose not to do cardio unless I'm prepping for a competition. In saying that, my all-time favourite thing to do is walk in the morning outdoors – best start to the day! Just have to get myself up first [laughs].

Have you ever competed or considered competing in a bodybuilding/fitness comp?

Yes, I've competed five times in the last year. In October I won the IFBB Nationals Bikini Junior title. I plan on doing the Arnold Classic show in Melbourne in March!

Are you strict about your diet or are you a sucker for the bad stuff? Do you have a nutrition plan?

When I'm prepping for a competition I'm strict about my diet, following a nutrition plan set by my coach for a period of 10 weeks. I'm an 'all in or all out' type of person. So I'm either super strict or don't bother doing it. In saying that, when I'm *not* prepping for a competition, I don't follow a nutrition plan and I am a sucker for the bad sugary stuff – Nutella gets me every time – but if you were to watch me eat you'd say I'm healthier than the average person [laughs]. I absolutely *hate* fast food; it tastes gross and looks so bad on your body – hate to see what happens inside!

Do you use supplements?

Yes, I do. In the morning before my walk I drink a thermo fat burner – my favourite is Melt or Furnace from Cyborg Sport – before my workout. In the evening I drink a pre-workout depending on my mood; I don't find them essential. During my workout I drink aminos; I never used to because I think most of them taste so disgusting UNTIL I found Fusion Sweet Passionfruit by Cyborg; I could legit drink that all day! Post-workout I drink WPI; I couldn't tell you my favourite flavour, there's just so many. Or as I'm getting closer to competition I switch to Cyborgs Ultra Leaan. I know I've mentioned Cyborg a few times now but I am extremely picky on flavours so I hated almost all supps till I found the Cyborg brand; flavours, yum, could never go wrong! Oh and Mango X50 green tea gets me all the way through prep – kills the cravings. So good!

What is your favourite male body part?

I'm stuck! I would honestly have to say I'm an arse girl BUT I love a good chest and shoulders – they make for the best cuddles!

What is your own body part that you like the best?

My elbows? [Laughs.] Just kidding. I'm not even sure I have a body part I like the best – my obliques I'm a fan of! I've worked hard on my booty so it's becoming a fave slowly...

What advice would you give to someone wanting to start out in the modelling and fitness industry?

Oh wow! Ladies: do your research, get the right coach! Don't go the cheapest, don't be gullible; look at their resume, look at other ladies they've prepped – even have a chat with them. It's very easy to go extremely wrong; the female body is a complicated machine and the wrong advice can do some serious damage. Listen to your body! But work hard and learn to love yourself – of all the things I've done it has been the most rewarding. No one can take your hard work away from you, ever.

When you get the opportunity to have some time to yourself, what do you usually get up to?

My life is extremely busy but when I do get time to myself I enjoy switching my brain off for a few hours and getting into a seriously shallow TV show [laughs]. My current favourite is *Pretty Little Liars*.

Who is the person you admire most from the fitness world? Who is your hero?

So many inspirational ladies, not enough space to list them all! Two ladies I could stare at for hours: Janet Layug and Yarishna Ayala. ■



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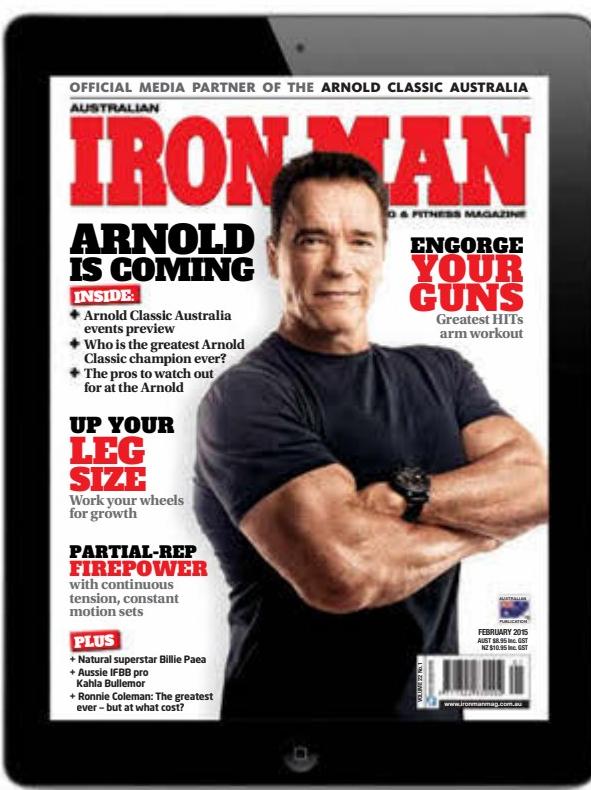
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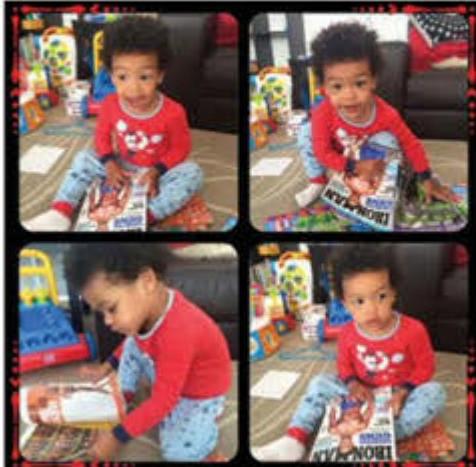
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Starting them young

Reader Ami Stockton posted this adorable photo of her son Ty reading a copy of *Australian Iron Man* on our Facebook page (facebook.com/ausironmanmag). Ty is only a little tyke but he's already got an interest in the iron game: his pyjama top features a cartoon strongman lifting a barbell.

"As you can see by his pyjamas, mum (me) is a bodybuilding single mum so my son Ty is always around bodybuilding," Ami said. "With all the millions of toys and books he has to play with, he pulled this magazine out and started looking through it." Well done, Ami and Ty! Thanks for letting us share it.



Ami Stockton

Cover model praise

Talk about dream come true! Almost speechless, feeling proud, excited and grateful to grace the cover of Australian Iron Man Bodybuilding & Fitness Magazine with my one and only fiancé Sonny Brown. This is truly a testament to the years of perseverance, dedication and belief. And to top it off my HardBody feature from US *Iron Man* is now being published in this edition of the *Australian Iron Man Magazine* as the first 'Aussie HardBody'.

I want to say thank you to you ALL for your endless support. Thank you to the team at *Iron Man* and all involved for making this possible.

Mantra: don't give up on chasing your dreams, no matter how tough the journey gets. It's all a test to see how bad you want it and help as many people as possible along the way! #dogood

— Melissa Le Man, via Facebook

Don't forget

Our *Iron Man* app is now available on Android devices and Kindle Fire, as well as on iPad. Not only that, we currently have a free sample available for those of you who have never checked out our digital version before. So search for *Australian Iron Man* through your device's store and give it a go.



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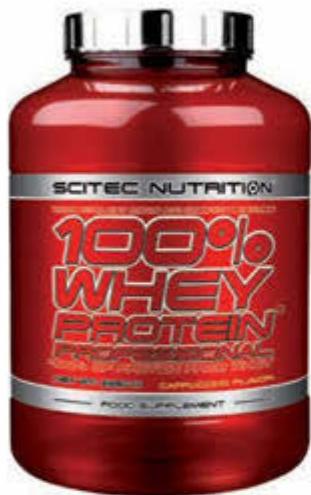
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Flush Fitness are now the official distributors of Scitec Nutrition in Australia and New Zealand.

Exclusive to the range, 100% Whey Protein Professional is a quality whey protein blend with whey concentrate and whey isolate. Whey protein from milk is a so-called complete protein, because it provides the body with all the necessary types of amino acids, including the nine amino acids the body cannot synthesise and must be supplied by the diet. 100% Whey Protein Professional has added ingredients such as Amino Acid Matrix which provides popular extra amino acids, namely L-leucine, L-glutamine and taurine. Also, the digestive enzyme blend of papain and bromelain is included in the formula!



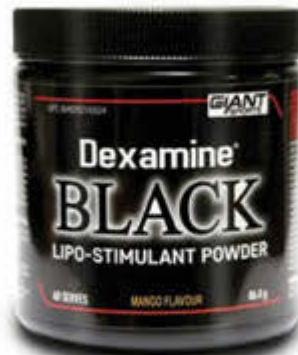
For more information, visit www.flushfitness.com.au

DEXAMINE BLACK

Giant Sports

Giant Sports has now launched a new Black Label range. One of their highly-anticipated products is Dexamine Black, a lipo-stimulant powder and antioxidant blend that assists in boosting energy and increasing focus.

For more information, visit www.flushfitness.com.au



PROTEIN BAR

Crankt

Crankt Protein Bar is designed to serve your body mechanics. It combines quality proteins with guarana and ginseng for energy. It has also been designed to promote lean muscle mass with 20 g of protein per serve to give your body the energy to power through your day.

Crankt Protein Bar is 100 per cent Australian made and owned.

Available through Elite Distributors, www.elitedistributors.com.au.



OUTRAGE

Outlast Nutrition

OutRage is a scientifically driven pre-workout formula developed to boost energy, enhance mental focus and maximise muscle pumps to ensure you get the most from your workout.

Repping an impressive eight grams of active ingredients, including CarnoSyn beta-alanine to boost performance and endurance, arginine nitrate to maximise blood flow and pump in the working muscles, coenzymes and DMBA Citrate (DMAA's powerful relative) for unrivalled intensity, it's a winning pre-workout with no nasty crash. The inclusion of BioPerine also ensures that all these world-class ingredients are absorbed fully by the body.

For more information, visit www.outlastnutrition.com.au



OUTLIVE

Outlast Nutrition

OutLive is a super greens formula boasting a full spectrum of alkalisising greens to assist in maintaining healthy pH levels within your body, reducing cortisol levels and providing necessary vitamins and minerals for a healthy body environment. Each serving contains the RDI of green vegetables to

assist with detoxification and nutrient absorption. Specially formulated to restore the balance back into your body through the inclusion of barley grass, wheat grass, alfalfa and spirulina.

Naturally flavoured with real fruit, OutLive actually tastes like apple juice without all the nasty additives, making it one of the best-tasting greens formula on the market.



NOVEDEX BLACK

Giant Sports

Giant Sports has now launched a new Black Label range. One of their highly-anticipated products is Novedex Black, a maximum potency male support formula, which improves energy and includes garcinia mangostana.

For more information, visit www.flushfitness.com.au



EXTREME OVERRIDE DRAGON

Human Evolution Supplements

Extreme Override Dragon with AMP citrate is a cutting-edge concentrated pre-workout formula. A small dosage delivers a big, powerful punch. The ingredients in Extreme Override may support increased performance and promote fast muscle pumps, extreme energy and focus while providing the most intense workouts of your life. Human's exclusive formula adds a blast of energy, increased clarity and a boost in physical performance.



Available from www.ndfitness.com.au



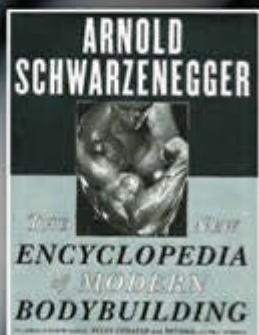
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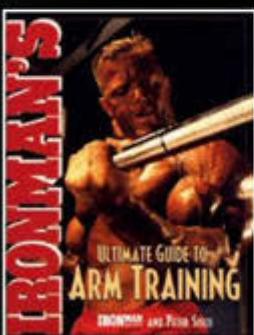
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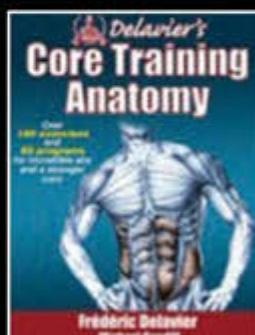
No matter what your goals, the *Iron Man* bookshop has something to help you on your journey to a new physique.



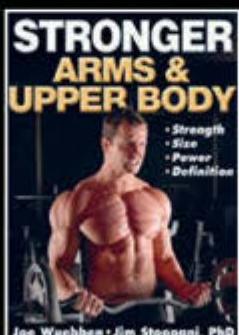
ARNOLD SCHWARZENEGGER-
ENCYCLOPEDIA OF MODERN
BODYBUILDING
Would you like to be let in on all of Arnold's training secrets? Arnold shares his unbeatable training experience with you.



IRON MAN'S ULTIMATE GUIDE TO ARM TRAINING
Complete proven arm training workouts. Step-by-step methods used by champion bodybuilders from Peter Sisco and Iron Man.



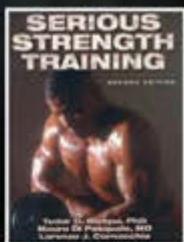
DELAVIER'S CORE TRAINING ANATOMY
Frederic Delavier's Core Training Anatomy is your guide for increasing core strength, stability, flexibility and tone.



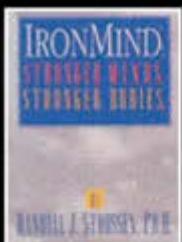
STRONGER ARMS AND
UPPER BODY
Take your upper-body workout to the next level in this book by Joe Wubben and Jim Stoppani, PhD.



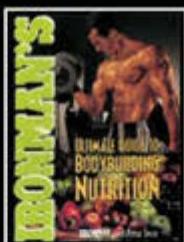
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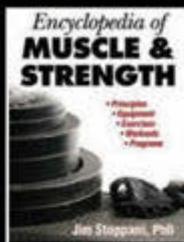
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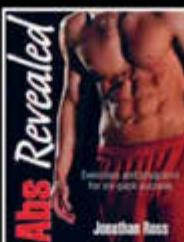
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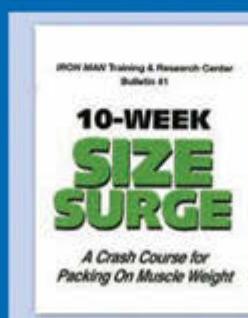
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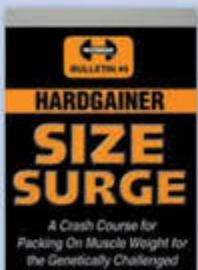
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2015 CALENDAR OF EVENTS

INBA www.inba.com.au

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
March	8	Novice Rising Star & Rookie of the Year	Moonee Valley Race Club	VIC	0402 555 505
March	8	Hobart Classic	Tasmanian Health & Fitness	TAS	(03) 6223 6028
March	29	Darwin Physique Classic	Expo Princes Wharf, Hobart		
March	29	NSW Regional Physique & Fitness Titles	Darwin Entertainment Centre	NT	(08) 8941 0777
April	11–12	Southern Cross Pro Titles and Pro Qualifier	Albury Performing Arts Centre	NSW	0429 410 431
			Melbourne Convention and Exhibition Centre	VIC	0402 555 505
April	18	Clash at the Coast	Batemans Bay Soldiers Club	ACT	0405 753 224
April	19	Canberra & Country Natural Classic	Hellenic Club	ACT	0403 147 999
April	19	NSW North Coast Titles	Newcastle City Hall	NSW	(02) 9633 2661
May	2–3	Adelaide Natural Classic	Norwood Concert Hall	SA	(08) 8373 0735
May	3	Sydney Natural Physique Classic	Castle Hill RSL Club	NSW	(02) 9633 2661
May	16–17	Adelaide Sport & Fitness Expo	Royal Adelaide Showgrounds	SA	(08) 8373 0735
May	16	Tropix Townsville Classic	Townsville Entertainment Centre	QLD	0490 078 844
May	16	Perth Natural Classic	Kingsway Indoor Stadium	WA	0403 165 496
May	17	Melbourne Natural Classic	Moonee Valley Race Club	VIC	0402 555 505
May	23–24	Brisbane Classic	Sleeman Centre, Chandler	QLD	(07) 3265 3553
May	31	City National Championships	Castle Hill RSL Club	NSW	(02) 9633 2661
June	13	INBA/PNBA World Championships	Dubai, United Arab Emirates		0418 166 790
June	28	All Female Classic	Moonee Valley Race Club	VIC	0402 555 505

NABBA/WFF www.nabba.com.au

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
March	22	Lee Priest Classic Pro/Am	Bankstown Sports Club	NSW	TBD
March	29	NABBA Night of Champions	Newcastle TDB	NSW	Shaun Perrett, 0481 201 106 strengthrepublic@hotmail.com
May	24	Grand Classic	Bankstown Sports Club	NSW	Con 0420 947 346 or Paul 0418 410 005
June	7	NABBA International Championships	Darebin Arts Centre	VIC	Daniel Lancefield +61 407 889 560
June	14	Southern Hemisphere Championships	Gold Coast TBD	QLD	Mark Ryan +61 413 743 520
June	20	NABBA World Championships	Malta		Graeme Lancefield +61 408 350 983
TBD	TBD	Conquest Classic	TBD	VIC	TBD

INBF/WNBF www.inbfwnbfaustralia.com.au

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
March	7	Front and Centre Showdown	Broadmeadows Town Hall	VIC	inbfwnbfaustralia@gmail.com
October	31	Vic State Championships and Pro Show	TBA	VIC	inbfwnbfaustralia@gmail.com
November	14	WNBF World Championships	New York, USA		inbfwnbfaustralia@gmail.com

ANB www.anb.com.au

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
March	29	Fitness Mania Bodybuilding & Model Search Competition	Grand Star Reception, Altona	VIC	Maria McCarter 0417 055 922
April	26	South Coast Physique Championships	Shellharbour Workers Club	NSW	Joe Kapitanof 0419 624 539
April	26	ANBSA Muscle & Model Extravaganza	TBD	SA	David Salamon 0426263655, anbsa.com.au
May	10	ANB WA Warfare	Vasto Club	WA	www.anbwa.com.au
May	16–17	Sydney Natural Physique Championships	Marconi Club, Bossley Park	NSW	Robert Powell, 02 9630 0338
May	23	Natural Mania Bodybuilding & Model Search Competition	La Trobe Union Hall	VIC	Maria McCarter 0417 055 922
May	24	ANB Canberra Championships	Australian Institute of Sport	ACT	Matt 0432 273 822
May	31	Coral Coast Classic	Jupiters Casino, Townsville	QLD	Rhonda Barnes 0429 900 323

IFBB www.ifbbaustralia.com.au

MONTH	DATE	EVENT	LOCATION	STATE	CONTACT
February	28	Melbourne Championships	TBD	VIC	Tony Doherty, tony@dohertysgym.com
March	1	Gold Coast Classic	Southport Sharks Club	QLD	Paul and Carole Graham, carole@ifbbaustralia.com.au, 041040 530
March	8	Australasian Championships	Penrith Panthers	NSW	Paul and Carole Graham, carole@ifbbaustralia.com.au, 041040 530
March	13–15	Arnold Classic Australia	Melbourne Convention and Exhibition Centre	VIC	Tony Doherty, tony@dohertysgym.com tony@dohertysgym.com

Please forward calendar updates or changes to ironman@blitzmag.com.au

THE MAX MUSCLE PLAN

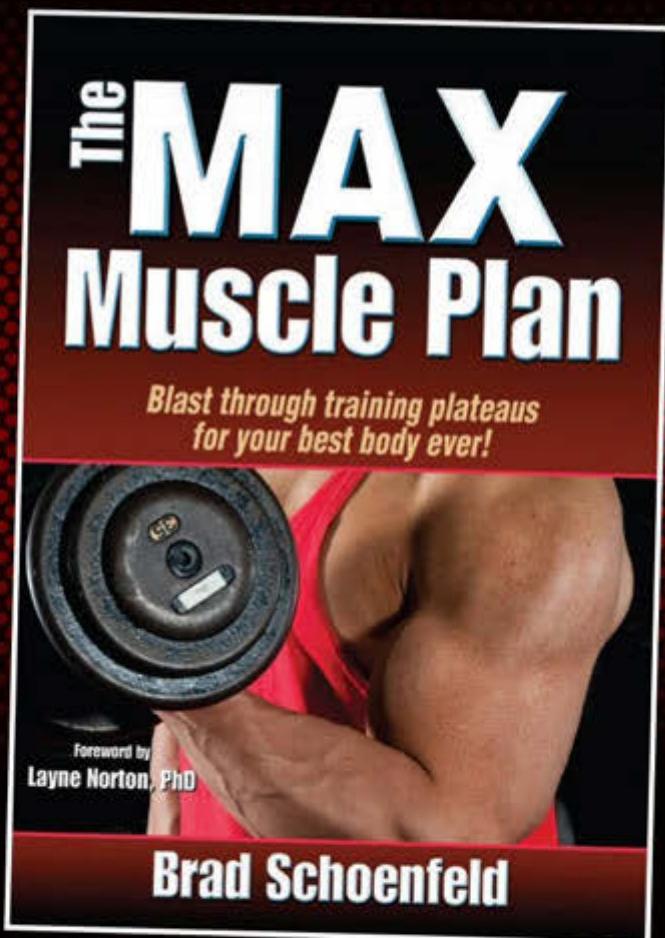
BY BRAD SCHOENFELD

Blast through training plateaus, add lean muscle, and achieve your best body ever with The MAX Muscle Plan. This scientifically proven program will help you maximize your muscle potential and transform your physique. No gimmicks, no expensive supplements, just results.

Developed by renowned strength and fitness expert and bestselling author Brad Schoenfeld, The MAX Muscle Plan is a six-month periodized program that manipulates exercise variables to generate clear and steady muscle growth. Each phase of the plan—MAX strength, MAX metabolic, and MAX muscle—is explained in detail and insights and advice for optimal performance and immediate results are provided.

With step-by-step instructions for 108 of the most effective exercises, guidance for incorporating cardio-respiratory workouts into the program, and nutrition recommendations for fueling muscle growth and recovery, The MAX Muscle Plan is your complete guide to total-body transformation.

If you're ready to take your body to the next level, turn to the scientifically based and most effective muscle building program available, The MAX Muscle Plan. The results will speak for themselves.



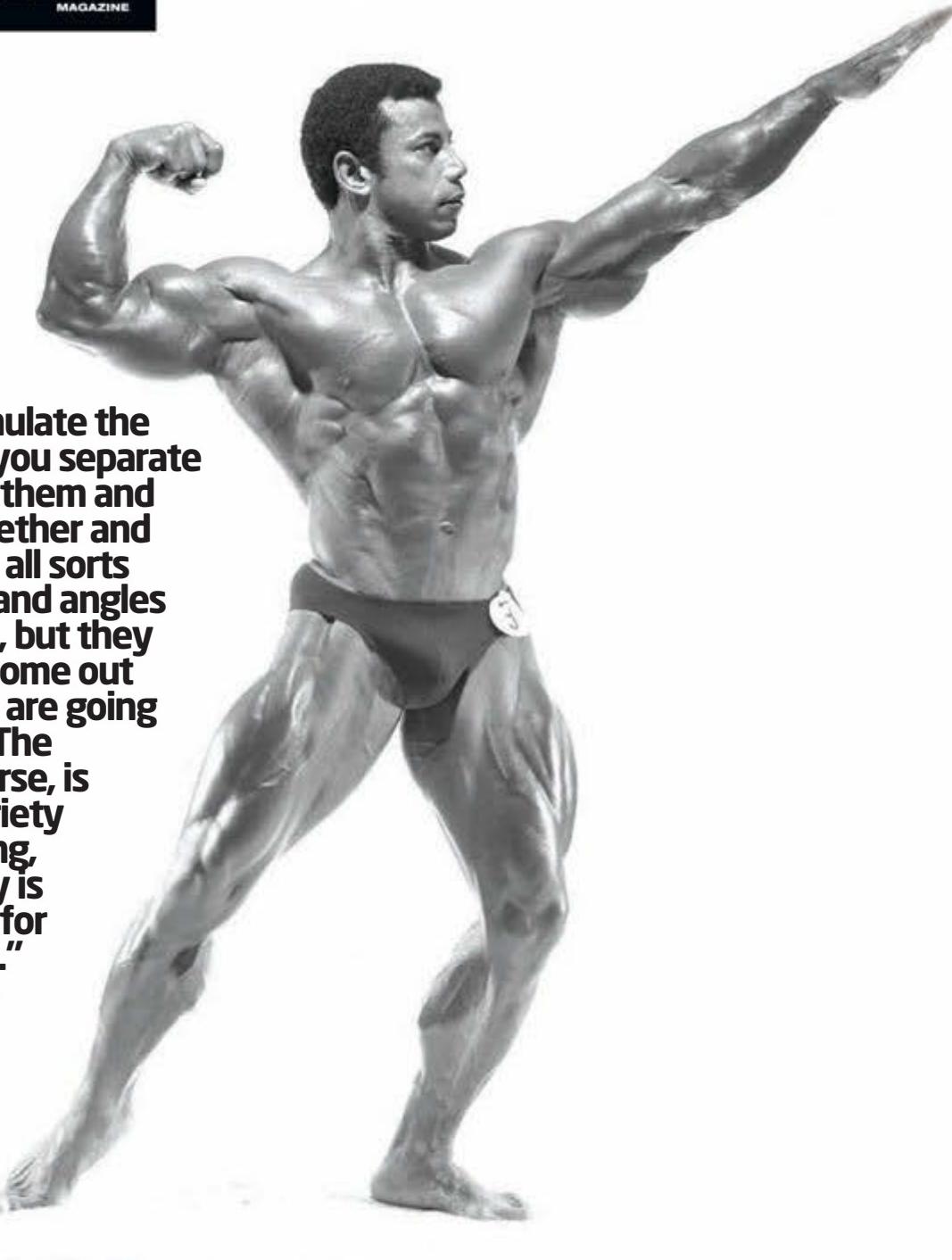
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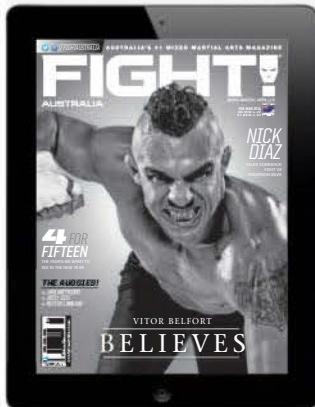
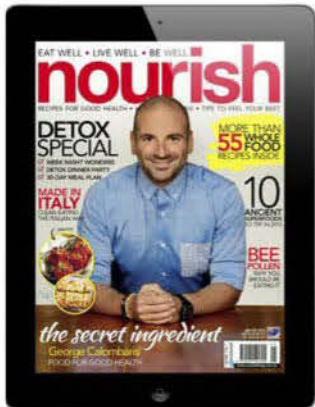
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GET MORE OUT OF YOUR FAT BURNER

4 WAYS TO IMPROVE THE RESULTS OF ANY FAT BURNER

Human metabolism is one hell of a complex thing, and given such, so is burning body fat. Granted for some, it can be simple: just slowly reduce calories, throw in a thermogenic, and the fat will slowly start falling off. But why is it so easy for some, yet not for others? And why do some people get good results from "fat burning" products, yet others don't. The truth is that due to the complexity of the human body, your fat loss plan must encompass more than just a powder. Here are 5 things to address to ensure you get the most out of your fat burner:

1. CALORIE INTAKE: Part of it is what you've always known, you have to eat less calories than your body burns. However sometimes not eating enough calories can also be your downfall. Energy intake should be sufficient to meet the needs of your biological functions, as well as supporting your training and muscle growth. If calorie intake does not support the growth and maintenance of muscle mass, your ability to burn body fat will be greatly affected.

2. STRESS: Stress can have a massive effect on your ability to burn fat and build muscle. Both physical and mental stress cause increased levels of a hormone called cortisol in the body. Contrary to what you might have heard, cortisol is essential to life. Why? Because life does not exist without some form of stress. However, excess cortisol will kick the body into fat storage survival mode. This is why stress management is crucial to put your body in a position to burn fat.

3. SLEEP: An expensive commodity in an over-productive world, sleep is crucial for overall health as well as putting your body in a position to lose weight. If you find yourself burning the midnight oil and waking up feeling as fresh as dead daisy, you're also going to find your appetite to be out of control. Second to that you'll also find your cortisol levels peaking in the early afternoon, when they should be steadily declining on the way to a normal bed-time. Forgo sleep, and your fat loss will halt.

4. TRAINING TYPE AND FREQUENCY: The effect exercise has on your body varies greatly with the type, intensity and duration of that exercise. For example low intensity, steady-state cardio uses more fat for fuel than short-duration, high-intensity explosive exercise. However, the overall calories burned in a particular time frame is much higher in the high-intensity, explosive exercise. Second to that, high-intensity exercise stimulates muscle growth far more than its counterpart. And perhaps most importantly in this case, increases the amount of energy burned after the workout (EPOC) leading to a higher rate of fat loss. It's important to realise the goal is not to just burn fat while you're exercising, but to turn your body into a fat burning machine.

There's no such thing as a magic pill, but the right fat burner can massively accelerate your fat loss. The key is to put yourself in a position to lose weight in the first place. Combine weights with HIIT cardio; manage your stress and sleep; ensure your diet is enough to fuel your training and muscle growth; and use a fat burner to help take care of your appetite and increase your metabolic rate.

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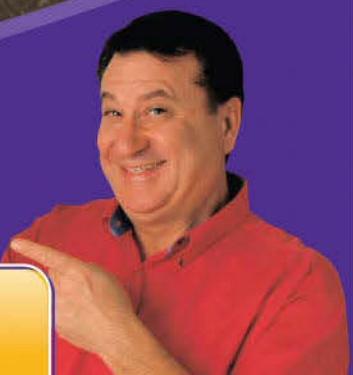
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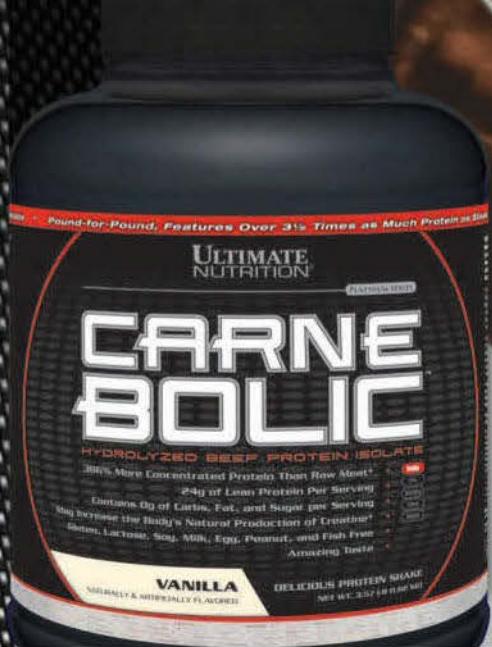
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